



# "THE LAST ONE"

**TIME CAP 8'**

**6 ROUNDS**

5 Back Squat  
5 OHS  
5 Burpee Face Bar

Exercise	Back Squat					OHS					Burpee Face Bar				
Rounds	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Round 1															
Round 2															
Round 3															
Round 4															
Round 5															
Round 6															

**PESOS:**

**Rx: 70/50 kg**

**Im: 60/40 kg**

**Sc: 50/30 kg**

Judge's name: \_\_\_\_\_

TOTAL TIME / REPS: \_\_\_\_\_

Athlete name: \_\_\_\_\_

Athlete's signature: \_\_\_\_\_

Rx  Int  Sc

MODIFICATIONS

Ejerc. escalado 1:

Ejerc. escalado 2:

Ejerc. escalado 3:

Ejerc. escalado 4:

Ejerc. escalado 5:

Ejerc. escalado 6: