



"MEIN HERZ BRENNT"

EMOM "Death by"

- 5 Power Clean
- 5 Thruster
- 5 STOJ

VARIATIONS

- RX: **M.** 40 kg
F. 25 kg
- INT: **M.** 35 kg
F. 22,5 kg
- SC: **M.** 30 kg
F. 20 kg

NOTE: RX / Int.... Add 1 rep every 5'

Judge's signature:

Athlete's signature:

| | Power Clean | | | | | Thruster | | | | | STOH | | | | | | | | | | | | | |
|-----------|-------------|---|---|---|---|----------|---|---|--|--|------|---|---|---|---|---|---|---|--|--|--|--|--|--|
| Minute 1 | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 | 3 | 4 | 5 | | | | | | | | | |
| Minute 2 | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 | 3 | 4 | 5 | | | | | | | | | |
| Minute 3 | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 | 3 | 4 | 5 | | | | | | | | | |
| Minute 4 | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 | 3 | 4 | 5 | | | | | | | | | |
| Minute 5 | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 | 3 | 4 | 5 | | | | | | | | | |
| Minute 6 | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 | 4 | 5 | 6 | | | | | | | | |
| Minute 7 | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 | 4 | 5 | 6 | | | | | | | | |
| Minute 8 | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 | 4 | 5 | 6 | | | | | | | | |
| Minute 9 | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 | 4 | 5 | 6 | | | | | | | | |
| Minute 10 | 1 | 2 | 3 | 4 | 5 | 6 | | | | | 1 | 2 | 3 | 4 | 5 | 6 | | | | | | | | |
| Minute 11 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | |
| Minute 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | |
| Minute 13 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | |
| Minute 14 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | |
| Minute 15 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | |
| Minute 16 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | |
| Minute 17 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | |
| Minute 18 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | |
| Minute 19 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | |
| Minute 20 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | |

TOTAL REPS: _____

Athlete name: _____

Judge's name: _____

Rx

Int

Sc