



Week 1- 25.1
9.25 7PM CT - 10.1 8PM CT
All Divisions

5 MINUTE AMRAP

Snatch		Burpee Over Bar	
1	1	8	9
2	11	8	19
3	22	8	30
4	34	8	42
5	47	8	55
6	61	8	69
7	76	8	84
8	92	8	100
9	109	8	117
10	127	8	135

Total Reps: _____

Athlete Signature: _____ Judge: _____