



Week 2- 25.4
10.2 7PM CT - 10.8 8PM CT
ALL DIVISIONS

10 MINUTE CAP
0:00 - 5:00

BENCH PRESS	LOAD IN LB.
Attempt 1	
Attempt 2	
Attempt 3	
Attempt 4	

5:00 - 10:00

CLEAN	LOAD IN LB.
Attempt 1	
Attempt 2	
Attempt 3	
Attempt 4	

Heaviest Bench Press _____ + Heaviest Clean _____

SUM TOTAL = _____

Athlete Name: _____

Athlete Signature: _____ Judge: _____