



**Week 2- 25.5**

**10.2 7PM CT - 10.8 8PM CT**

**Pro/RX, Pro Teams, RX Teams, Masters 35-39,**

**Masters 40-44, Masters 45-49,**

**Masters Teams, Teens 16-17 Division**

**12 MINUTE CAP**

| Deadlifts |    | Wall Walks |    |
|-----------|----|------------|----|
| 15        | 15 | 5          | 20 |
| 15        | 35 | 5          | 40 |
| 15        | 55 | 5          | 60 |

**TIE BRAKE: \_\_\_\_\_**

**REST 1 MINUTE**

| Deadlifts |     | Handstand Walk |     |
|-----------|-----|----------------|-----|
| 10        | 70  | 50ft           | 80  |
| 10        | 90  | 50ft           | 100 |
| 10        | 110 | 50ft           | 120 |

**Time: \_\_\_\_\_ OR Total Reps \_\_\_\_\_**

**Athlete Signature: \_\_\_\_\_ Judge: \_\_\_\_\_**



**Week 2- 25.5**  
**10.2 7PM CT - 10.8 8PM CT**  
**Intermediate, Intermediate Teams,**  
**Masters 50-54, Teens 14-15 Division**

## 12 MINUTE CAP

| Deadlifts |    | Wall Walks |    |
|-----------|----|------------|----|
| <b>15</b> |    | <b>5</b>   |    |
|           | 15 |            | 20 |
| <b>15</b> |    | <b>5</b>   |    |
|           | 35 |            | 40 |
| <b>15</b> |    | <b>5</b>   |    |
|           | 55 |            | 60 |

**TIE BRAKE:** \_\_\_\_\_

## REST 1 MINUTE

| Deadlifts |    | Wall Walks |    |
|-----------|----|------------|----|
| <b>10</b> |    | <b>3</b>   |    |
|           | 70 |            | 73 |
| <b>10</b> |    | <b>3</b>   |    |
|           | 83 |            | 86 |
| <b>10</b> |    | <b>3</b>   |    |
|           | 96 |            | 99 |

**Time:** \_\_\_\_\_ **OR Total Reps** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_ **Judge:** \_\_\_\_\_



**Week 2- 25.5**  
**10.2 7PM CT - 10.8 8PM CT**  
**Masters 55-59, Masters 60+ Division**

## 12 MINUTE CAP

| Deadlifts |    | Wall Walks |    |
|-----------|----|------------|----|
| 15        | 15 | 3          | 18 |
| 15        | 33 | 3          | 36 |
| 15        | 51 | 3          | 54 |

TIE BRAKE: \_\_\_\_\_

## REST 1 MINUTE

| Deadlifts |    | Wall Walks |    |
|-----------|----|------------|----|
| 10        | 64 | 2          | 66 |
| 10        | 76 | 2          | 78 |
| 10        | 88 | 2          | 90 |

Time: \_\_\_\_\_ OR Total Reps \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Judge: \_\_\_\_\_



**Week 2- 25.5**  
**10.2 7PM CT - 10.8 8PM CT**  
**Rookie, Rookie Team, Community,**  
**Kids Under 8, Kids 8-10, Kids 11-13 Division**

## 12 MINUTE CAP

| Deadlifts |    | Scaled Wall Walks |    |
|-----------|----|-------------------|----|
| <b>15</b> | 15 | <b>5</b>          | 20 |
| <b>15</b> | 35 | <b>5</b>          | 40 |
| <b>15</b> | 55 | <b>5</b>          | 60 |

TIE BRAKE: \_\_\_\_\_

## REST 1 MINUTE

| Deadlifts |    | Scaled Wall Walks |    |
|-----------|----|-------------------|----|
| <b>10</b> | 70 | <b>3</b>          | 73 |
| <b>10</b> | 83 | <b>3</b>          | 86 |
| <b>10</b> | 96 | <b>3</b>          | 99 |

Time: \_\_\_\_\_ OR Total Reps \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Judge: \_\_\_\_\_