



WORKOUT #1

18 Minute AMRAP

Rx :

15/12 Caloriw Row

8 Single Arm Dumbbell Squat
Cleans (50/35)

6 Handstand Push-Ups

Scaled:

15/12 Caloriw Row

8 Single Arm Dumbbell
Squat Cleans (35/20)

6 Hand Release Push-Ups

1 Male Round = 29 Reps

1 Femal Round = 26 Reps

| Round | 15/12 Cal Row | 8 Hang Single Arm DB Hang Squat Cleans 4 with one arm, 4 with the other | 6 Handstand Push- Ups/Hand Release Push-Ups |
|-------|------------------|--|--|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |

Reps at 18 Minutes _____

Rx'd ☐ Scaled ☐

Athlete Name _____ Workout Location _____

Judge's Name _____

I confirm the information above accurately represents the athlete's performance for this workout.

Judge's

Signature _____ Date _____