



**BAR-MANDA**

**RX**

**TEAM:** \_\_\_\_\_

**DIVISION: RX**

**TIME CAP: 18min**

**IN ANY ORDER - RELAY FASHION - EACH ATHLETE HAS TO COMPLETE WORKOUT INDIVIDUALLY**

**9 - 7 - 5 - 3 - 1**

**Bar Muscle Ups**

**Snatch (60 / 40kg) - can be power or squat snatch**

**ATHLETE A**

**BMU**

9	7	5	3	1
9	7	5	3	1

**Split Time:**

**Snatch**

\_\_\_\_\_

**ATHLETE B**

**BMU**

9	7	5	3	1
9	7	5	3	1

**Split Time:**

**Snatch**

\_\_\_\_\_

**ATHLETE C**

**BMU**

9	7	5	3	1
9	7	5	3	1

**Split Time:**

**Snatch**

\_\_\_\_\_

**ATHLETE D**

**BMU**

9	7	5	3	1
9	7	5	3	1

**Split Time:**

**Snatch**

\_\_\_\_\_

**Time:** \_\_\_\_\_ **Reps at @ min:** \_\_\_\_\_

**Captain Signature:** \_\_\_\_\_ **Judge Name:** \_\_\_\_\_