



BAR-MANDA

SCALED

TEAM: _____

DIVISION: SCALED

TIME CAP: 18min

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

9 - 9 - 9 - 9 - 9 Kettle bell Sumo Deadlift High Pull (32/24kg)

9 - 7 - 5 - 3 - 1 Ground to overhead (50 / 30kg)

ATHLETE A

SDHP

9	9	9	9	9
9	7	5	3	1

Split Time:

GTOH

ATHLETE B

SDHP

9	9	9	9	9
9	7	5	3	1

Split Time:

GTOH

ATHLETE C

SDHP

9	9	9	9	9
9	7	5	3	1

Split Time:

GTOH

ATHLETE D

SDHP

9	9	9	9	9
9	7	5	3	1

Split Time:

GTOH

Time: _____ **Reps at @ min:** _____

Captain Signature: _____ **Judge Name:** _____