



QUALIFIER WORKOUT

— 9MIN AMRAP —

Athlete Name:

Division Competing:

I. II. III. IV.

15 Calorie Row				
20 Wall Ball Shots				
25 Shoulder to Overhead				
30 Box Jumps				

Total Reps

QUICK GUIDE (Men/Women)

ELITE

Wall Ball @ 9/6kg

STOH @50/35kg

Box @60/50cm

SPORT

Wall Ball @ 9/6kg

STOH @40/30kg

Box @60/50cm

Sponsored By:

POWERDOT
Smart Muscle Stimulation