



# 19.1

19.1 – amrap 15min

19.1	MOVEMENT	1	2	3	4	5	6	7
	10 BURPEE BOX OVER	10	70	130	190	250	310	370
	20 TOES TO BAR / SIT UPS	30	90	150	210	270	330	390
	30 ALTERNATING DUMBBELL SNATCHES / G2O	60	120	180	240	300	360	420

FINAL SCORE (REPS ATHLETE A + REPS ATHLETE B)

HOW TO SUBMIT SCORES: [HTTP://ICOMPETE.CC/SUBMITSCORES](http://iCompete.cc/submitScores)

ATHLETE NAME

JUDGE NAME