



19.3

19.3 – 3x 3min work, 1min rest

19.3	MOVEMENT	1	2	3
	30/22 CAL ROW	30/22	30/22	30/22
	20 CHEST TO BAR PULL UPS	50/42	50/42	50/42
	AMRAP THRUSTER F: 40 / 35 / 30kg M: 60 / 50 / 40kg			

19.3 Scaled/Teens	MOVEMENT	1	2	3
	30/22 CAL ROW	30/22	30/22	30/22
	10 PULL UPS / 20 JUMPING PULL UPS	40/52	40/52	40/52
	AMRAP THRUSTER F: 35 / 30 / 25kg M: 50 / 40 / 30kg			

FINAL SCORE (REPS ATHLETE A + REPS ATHLETE B)

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

DIVISION RX / INTERMEDIATE MASTERS SCALED / TEENS

ATHLETE NAME

JUDGE NAME