



19.4

19.4 – amrap 3min

19.4	MOVEMENT	1	2	3	4	5	6	7
	5 POWER CLEANS 90/62.5	5	15	25	35	45	55	65
	5 RING MUSCLE UPS	10	20	30	40	50	60	70

19.4 - Scaled/Teen	MOVEMENT	1	2	3	4	5	6	7
	5 POWER CLEANS 50/35kg	5	15	25	35	45	55	65
	5 TOES TO BAR / 5 FEET OVER PARALLEL	10	20	30	40	50	60	70

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