



WORKOUT 1

Cap - 6 mins

Athlete Name: _____

RX	Scaled	Scaled Plus
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	Round 1	Round 2	Round 3
30 Double DB Clean&Jerk	30	90	150
30 Double DB Snatches	60	120	180



Total Reps	
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Film the dumbbells so the loads can be seen clearly. Videos must be uncut and unedited to accurately display the performance. Your clock or timer must be visible throughout the workout. Shoot the video so all exercises can be seen clearly meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected.

RX : All 4 athletes completed the workout as prescribed

Scaled: All 4 athletes completed the workout to the scaled prescription

Scaled Plus: All 4 athletes complete the workout to the scaled plus prescription

Mixed Level: Lowest level athlete determines category

