



# QUAL 19.2

DATES: 21/05 14U - 03/06 22U

**FOR TOTAL REPS / TIME CAP: 12MIN**

MOVEMENTS	1	2	3	4	5	6
30 BAR MUSCLE UPS						
30 SQUAT SNATCH MALE: 60KG / 135LB FEMALE: 42,5KG / 195LB						
30 TOES TO BAR						
30 PUSH PRESS MALE: 60KG / 135LB FEMALE: 42,5KG / 195LB						
30 AM. KB SWINGS MALE: 32KG / 70LB FEMALE: 24KG / 53LB						
<b>POSSIBLE REPS</b>	<b>150</b>	<b>300</b>	<b>450</b>	<b>600</b>	<b>750</b>	<b>900</b>

**TIE BREAK TIME**  
AFTER FIRST ROUND COMPLETED

**YOUR QUAL 19.2 SCORE:**  
**FOR TOTAL REPS**

**SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED BEFORE THE TIME CAP**  
1 ATHLETE WORKING AT A TIME / 2 ATHLETES RESTS - DIVIDE REPS AS NEEDED

TEAM NAME

TEAM SIGNATURE

JUDGE INT.

X

X