



ZHR GMS 024	Teams Workout	
Day 2 / Event 1 / Workout 1	Heat:	
Team Name:		
Power	TC – 1' per lift	
Snatch Ladder <i>(women factor x1.3)</i>	M	W
	60	45
	65	50
	70	52.5
	75	57.5
	80	62.5
	85	65
	Open	Open
Score	KG	
-Clean & Jerk Ladder <i>(women factor x1.3)</i>	M	W
	70	52.2
	77.5	60
	85	65
	92.5	70
	100	77.5
	107.5	82.5
	Open	Open
Score	KG	
Total Score – Sum of 4 Max's:	KG	
Judge:	Athletes:	



ZHR GMS 024					Teams Workout					
Day 2 / Event 4 / Workout 2					Heat:					
Team Name:										
Endurance										
Buy In					100/90/80 Cal Run					
Rnds	1	2	3	4	5	6	7	8	9	10
RC	1 ₁	1 ₁₂	1 ₂₃	1 ₃₄	1 ₄₅	1 ₅₆	1 ₆₇	1 ₇₈	1 ₈₉	1 ₁₀₀
WB	10 ₁₁	10 ₂₂	10 ₃₃	10 ₄₄	10 ₅₅	10 ₆₆	10 ₇₇	10 ₈₈	10 ₉₉	10 ₁₁₀
Rnds	11	12	13	14	15	16	17	18	19	20
RC	1 ₁₁₁	1 ₁₂₂	1 ₁₃₃	1 ₁₄₄	1 ₁₅₅	1 ₁₆₆	1 ₁₇₇	1 ₁₈₈	1 ₁₉₉	1 ₂₁₀
WB	10 ₁₂₁	10 ₁₃₂	10 ₁₄₃	10 ₁₅₄	10 ₁₆₅	10 ₁₇₆	10 ₁₈₇	10 ₁₉₈	10 ₂₀₉	10 ₂₂₀
Rnds	Sync. T2B					Sync. Thrusters				
1.	5 ₂₂₅					3 ₂₂₈				
2.	5 ₂₃₃					3 ₂₃₆				
3.	5 ₂₄₁					3 ₂₄₄				
4.	5 ₂₄₉					3 ₂₅₂				
5.	5 ₂₅₇					3 ₂₆₀				
6.	5 ₂₆₅					3 ₂₆₈				
7.	5 ₂₇₃					3 ₂₇₆				
8.	5 ₂₈₁					3 ₂₈₄				
9.	5 ₂₈₉					3 ₂₉₂				
10.	5 ₂₉₇					3 ₃₀₀				
Buy Out					100/90/80 Cal Run					
Cals Buy Out					MMx0.8/ FMx0.9 / FFx1.0					
Score Total Time										
Judge:					Athletes:					



ZHR GMS 023	Teams Workout				
Day 2 / Event 6 / Workout 3	Heat:				
Team Name:					
Skills	TC 4'/4'/5'				
Round 1:					
<ul style="list-style-type: none"> ● 7/7 Burpee Box jump over ● 140 Double unders 	BMU:				
Max Bar Muscle Ups					
1 min Rest					
Round 2:					
<ul style="list-style-type: none"> ● 7/7 Burpee Box jump over ● 140 Double unders 	HSW:				
Max Handstand Walk					
1 min Rest					
Round 3 – 5 min AMRAP:	R.	BBJO	DU	HSW	BMU
<ul style="list-style-type: none"> ● 5 Burpee Box jump over ● 50 Double unders ● 10 m Handstand walk ● 5 Bar Muscle Up 	1.	5 5	50 55	10 65	5 70
	2.	5 75	50 125	10 135	5 140
	3.	5 145	50 195	10 205	5 210
	4.	5 215	50 265	10 275	5 280
	5.	5 285	50 335	10 345	5 350
Score –Total Reps (R1+R2+R3):					
Judge:	Athletes:				