



<b>ZHR GMS 024</b>	<b>Master's Workout</b>	
Day 3 / <b>Event 1</b> / Workout 1	Heat:	
<b>Master Team Name:</b>		
<b>Power &amp; Strength</b>	<b>TC – 1' per lift</b>	
<b>1a) Snatch Ladder</b> <i>(women factor x1.3)</i>	<b>M</b>	<b>W</b>
	50	37.5
	55	42.5
	60	45
	65	50
	70	52.5
	75	57.5
	Open	Open
<b>Score</b>		
<b>1b) Clean &amp; Jerk Ladder</b> <i>(women factor x1.3)</i>	<b>M</b>	<b>W</b>
	52.5	40
	57.5	45
	65	50
	72.5	55
	77.5	60
	85	65
	Open	Open
<b>Score</b>		
<b>Total Score – Sum of 4 Max's:</b>		
Judge:	Athletes:	



ZHR GMS 024	Master's Workout		
Day 3 / Event 4 / Workout 2	Heat:		
Master Team Name:			
<b>Endurance</b>	<b>TC 30'</b>		
	Cals	MMx0.75	FMx0.86
		FFx1.0	
12/9 Cal Run (Relay)	24	21	18
50 Box Jump Over (Share)			68
12/9 Cal Run (Relay)	24	21	86
25 Sync T2B			111
12/9 Cal Run (Relay)	24	21	129
25 Sync T2B			154
12/9 Cal Run (Relay)	24	21	172
4 Rope Climbs (Share)			176
12/9 Cal Run (Relay)	24	21	180
4 Rope Climbs (Share)			184
12/9 Cal Run (Relay)	24	21	202
4 Rope Climbs (Share)			206
12/9 Cal Run (Relay)	24	21	224
25 sync Burpee over the line			249
12/9 Cal Run (Relay)	24	21	267
25 sync Burpee over the line			292
12/9 Cal Run (Relay)	24	21	310
Tie Break: (mm:ss)			
Max Reps Muscle Ups			
<b>Score – Total Reps:</b>			
Judge:	Athletes:		



<b>ZHR GMS 024</b>	<b>Master's Workout</b>
Day 3 / <b>Event 4</b> / Workout 3	Heat:
<b>Master Team Name:</b>	
<b>Stamina &amp; Skill</b>	<b>With a Running Clock</b>
00:00 – 03:00  150 Double Unders 40 HSPU	<b>Reps:</b>  <b>Score (mm:ss):</b>
1 min Rest	
04:00 – 07:00  150 Double Unders 40m HSW	<b>Reps:</b>  <b>Score (mm:ss):</b>
1 min Rest	
08:00 – 11:00  50 Wall Ball 9/6 KG 40 Pull ups	<b>Reps:</b>  <b>Score (mm:ss)</b>
1 min Rest	
12:00 – 15:00  50 Wall Ball 9/6 KG 40 C2B Pull ups	<b>Reps:</b>  <b>Score:</b>
<b>Score: Time to finish the workout.</b>	<b>Final Score:</b>
Judge:	Athletes: