



# QUAL 19.3

QUALIFIERS: AUGUST 1 - AUGUST 31

**FOR TOTAL REPS / TIME CAP: 8MIN**

MOVEMENTS - REPS	3	6	9	12	15
<b>SYNCHRO DEADLIFTS</b> RX - MALE: 100KG FEMALE: 70KG MASTERS - MALE: 90KG FEMALE: 65KG					
SYNCHRO TOES TO BAR					
SYNBCHRO OVER THE BAR BURPEES					
<b>POSSIBLE REPS</b>	<b>9</b>	<b>27</b>	<b>54</b>	<b>90</b>	<b>135</b>

MOVEMENTS - REPS	18	21	24	27	30
<b>SYNCHRO DEADLIFTS</b> RX - MALE: 100KG FEMALE: 70KG MASTERS - MALE: 90KG FEMALE: 65KG					
SYNCHRO TOES TO BAR					
SYNBCHRO OVER THE BAR BURPEES					
<b>POSSIBLE REPS</b>	<b>189</b>	<b>252</b>	<b>324</b>	<b>405</b>	<b>495</b>

**YOUR QUAL 19.3 SCORE:  
FOR TOTAL REPS**

**SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED BEFORE TIME CAP**

On 3-2-1 GO athletes will work through an ascending ladder adding three reps each round to movements within the ladder listed above. Athletes must remain in synch the entire time.

GENDER	DIVISION	TEAM NAME	TEAM SIGNATURE	JUDGE INT.
<input type="radio"/> Male <input type="radio"/> Female	<input type="radio"/> Rx <input type="radio"/> Masters	X	X	