



QUAL 19.3

QUALIFIERS: AUGUST 1 - AUGUST 31

FOR TOTAL REPS / TIME CAP: 8MIN

MOVEMENTS - REPS	3	6	9	12	15
SYNCHRO DEADLIFTS MALE: 60KG FEMALE: 40KG					
SYNCHRO HANGING KNEE RAISES					
SYNBCHRO OVER THE BAR BURPEES					
POSSIBLE REPS	9	27	54	90	135

MOVEMENTS - REPS	18	21	24	27	30
SYNCHRO DEADLIFTS MALE: 60KG FEMALE: 40KG					
SYNCHRO HANGING KNEE RAISES					
SYNBCHRO OVER THE BAR BURPEES					
POSSIBLE REPS	189	252	324	405	495

**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 O Male O Female	TEAM NAME X	TEAM SIGNATURE X	JUDGE INT.
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