



MONTHLY CHALLENGE 19.9

SEPT 1, 12:00 pm, THROUGH SEPT 15, 12:00 pm

WORKOUT 19.9

20min AMRAP:

- 100 ft. DB front rack walking lunges (22.5 / 15kg, 6x5m)
- 80 abmat sit-ups
- 60 alternating DB snatches (22.5 / 15kg)
- 40 one arm DB thrusters (22.5 / 15kg)
- 20 ring MU

	1	2	3	4	5
DB front rack walking lunges	30	260	490	720	950
Abmat sit-ups	110	340	570	800	1030
Alternating DB Snatches	170	400	630	860	1090
One arm DB thrusters	210	440	670	900	1130
Ring muscle-ups	230	460	690	920	1150

Athlete Name: _____

Affiliate: _____

Score: _____

Male

Female

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