



OPEN Workout 2

LANZAMIENTO SABADO 02 DE MARZO 2024 6:00 P.M.

Presented by



24.2 A

PERENNE Y RM AMRAP 9 MINUTOS

- 40 One Dumbbell Overhead Walking Lunges
- 12 Shuttle Run
- 40/30 Kipping Pull Up
- 100 Double Unders

Shuttle Run – Segments 7,5m (1 Rep = 15m)
Lunges – 8 Steps Turn and Turn Back

24.2 B

1 RM COMPLEX 6 MINUTOS

- 1 Deadlift
- 1 Clean
- 1 Hang Clean
- 1 Jerk

Scaled
♀20lb ♂35lb / 100 single unders / Jumping pull ups
Intermedio-Rx
♀ 35lb ♂50lb
Master - teens
♀ 35lb ♂50lb

REPS	MOVIMIENTOS	RONDA 1	RONDA 2
40	One Dumbbell Overhead Walking Lunges		
12	Shuttle Run		
40/30	Kipping Pull Up		
100	Double Unders		

	INTENTO 1	INTENTO 2	INTENTO 3
RM			
	INTENTO 4	INTENTO 5	INTENTO 6

Time 24.2A. _____

Time 24.2B. _____

Athlete Name: _____

Judge Name _____

