



OPEN Workout 3
LANZAMIENTO DOMINGO 03 DE MARZO 2024 6:00 P.M.

Presented by



24.3

KALSÚ REDUCE
COMPLETE

70 Thrusters for time

*Perform 4 Bar Facing Burpees every minute including 00:00

Scaled
♀ 45lb ♂ 65lb
Intermedio-Rx
♀ 65lb ♂ 95lb
Master - teens
♀ 85lb ♂ 55lb

MINUTOS	BURPEES	N° DE THRUSTER
0:00	4	
1:00	4	
2:00	4	
3:00	4	
4:00	4	
5:00	4	
6:00	4	
7:00	4	
8:00	4	
9:00	4	
10:00	4	
		TOTAL:

Time 24.3. _____

Reps totales. _____

Athlete Name: _____

Judge Name _____

