



# QUALIF 19.1

## MEN

	EMOM			
	Min 0 to 1	Min 1 to 2	Min 2 to 3	TOTAL
WALLBALL @9Kg	8	8	8	24
BURPEE LATERAL OVER BAR	8	8	8	24
				<b>48</b>
	Min 3 to 4	Min 4 to 5	Min 5 to 6	TOTAL
WALLBALL @9Kg	9	9	9	27
BURPEE LATERAL OVER BAR	9	9	9	27
				<b>54</b>
	Min 6 to 7	Min 7 to 8	Min 8 to 9	TOTAL
WALLBALL @9Kg	10	10	10	30
BURPEE LATERAL OVER BAR	10	10	10	30
				<b>60</b>
	Min 9 to 10	Min 10 to 11	Min 11 to 12	TOTAL
WALLBALL @9Kg	11	11	11	33
BURPEE LATERAL OVER BAR	11	11	11	33
				<b>66</b>
	Min 12 to 13	Min 13 to 14	Min 14 to 15	TOTAL
WALLBALL @9Kg	12	12	12	36
BURPEE LATERAL OVER BAR	12	12	12	36
				<b>72</b>
	Min 15 to 16	Min 16 to 17	Min 17 to 18	TOTAL
WALLBALL @9Kg	13	13	13	39
BURPEE LATERAL OVER BAR	13	13	13	39
				<b>78</b>

SCORE IS TOTAL REPS UNTIL ATHLETE FAILS TO COMPLETE  
 THE TOTAL REPS OF WALLBALLS AND BURPEES WITHIN THE MINUTE

SCORE