



QUALIF 19.2 A+B MEN

IN 20 MINUTES

START WITH 19.2 A

ROUND	1	2	3	4	5
10 TOES TO BAR	10	70	130	190	250
10 DB POWERCLEAN @22.5Kg	20	80	140	200	260
10 DB FARMER CARRY STEP OVER BOX @22.5Kg	30	90	150	210	270
30 DOUBLE UNDERS	60	120	180	240	300

TIE BREAKER

Time when athlete ends last round

IN THE REMAINING TIME 19.2 B

ATTEMPT	1	2	3	4	5
1 RM CLUSTER (IN ONE MOVEMENT SQUAT CLEAN AND THRUSTER)					

SCORE	19.2 A		REPS
	19.2 B		KG