

Workout 4

| Movement | 3 | 6 | 9 | 12 | 15 | 18 | 21 |
|----------------------|---|----|----|----|-----|-----|-----|
| Dumbbell Hang Cleans | 3 | 15 | 36 | 66 | 105 | 153 | 210 |
| Dumbbell Thrusters | 6 | 21 | 45 | 18 | 120 | 171 | 231 |
| Pullups | 9 | 27 | 54 | 90 | 135 | 189 | 252 |

15min

Workout Instructions:

- The workout consists of 7 rounds, starting with the round of threes and increasing by 3 reps every round until the 7th round of 21reps.
- The Dumbbell Movements to be performed with a pair of dumbbells.
 Rx = 20/15kg | Scaled = 15/10kg
 Rx = Pull Ups | Scaled = Burpees

Score Submission:

| | | |
|---------------|-------------------------|-----------------------|
| Judged Y/N | Video Submission Y/N | Category Rx/Scaled |
|---------------|-------------------------|-----------------------|

Athlete's Name:

Judge's Name & Number:

Judge's Email address:

Score:

time/reps