



# SPOQ 1 & 1a

9 Minute AMRAP

15 Toes To Bar  
10 Deadlifts 52.5kg/35kg  
5 Bar Facing Burpees

Then 1a:

6 Minutes to find a 1rm Clean and Jerk

Round	Toes To Bar (15)	Deadlift 10	Bar Facing Burpee 5	Reps
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330
12				360

Workout 1a.

Score in kg \_\_\_\_\_

Athlete Name: \_\_\_\_\_

Judge Name \_\_\_\_\_

Team Name: \_\_\_\_\_