



SPOQ 2

27-21-15-9 reps for time of:
Row (calories)
Thrusters

Workout	Round 1	Round 2	Round 3	Round 4
Row (Calories)	27	21	15	9
Thruster	27	21	15	9

Men rxd & Masters 35-45 use 42.5kg
Women rxd & Masters 35-45 use 30kg
Women Beginners & Masters 55+ use 20kg
Men Beginners & Masters 55+ use 30kg
Teen Male use 30kg
Teen Female use 20kg

Time mm:ss _____ : _____

Athlete Name: _____

Judge Name _____

Team Name: _____