

SPOQ 3



Circle the workout selected.

Workout	Round 1	Round 2	Round 3
"Amanda" 9-7 and 5 reps, for time of: Muscle-up Squat snatch 60kg/ 40kg	9	7	5
15-12-9 Bar Muscle Up Squat or Power Snatch 52.5kg/35kg	15	12	9
24-21-18 Pull Up Ground to Overhead 42.5kg/30kg	24	21	18

Time mm:ss _____ : _____

Athlete Name: _____

Judge Name _____

Team Name: _____