

# SPOQ 3 - Beg. Masters. Teens



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
21-15-9 Ground to overhead Pull Up	21	15	9

*Masters 46-55 40kg/30kg  
 Teens 40kg/30kg*

*Beginners & Masters 55+ 30kg/20kg variation on pull ups is Jumping Pull Ups at 2:1 reps so the pull up component would be 42,30,18 reps*

Time mm:ss \_\_\_\_\_ : \_\_\_\_\_

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

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

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