



EVENT 18.3

FOR TOTAL REPS / TIME CAP: 10MIN

MOVEMENTS	1	2	3	4	5	6
12 DEADLIFTS RX - MALE: 50 KG START FEMALE: 35 KG START RX - ADD 10KG / 5 KG AFTER EVERY ROUND SCALED - MALE: 42,5KG FEMALE: 30KG (THROUGHOUT)						
9 HANG CLEANS RX - MALE: 50 KG START FEMALE: 35 KG START RX - ADD 10KG / 5 KG AFTER EVERY ROUND SCALED - MALE: 42,5KG FEMALE: 30KG (THROUGHOUT)						
6 SHOULDER TO OH. RX - MALE: 50 KG START FEMALE: 35 KG START RX - ADD 10KG / 5 KG AFTER EVERY ROUND SCALED - MALE: 42,5KG FEMALE: 30KG (THROUGHOUT)						
POSSIBLE REPS	27	54	81	108	135	162

MOVEMENTS	7	8	9	10	11	12
12 DEADLIFTS RX - MALE: 50 KG START FEMALE: 35 KG START RX - ADD 10KG / 5 KG AFTER EVERY ROUND SCALED - MALE: 42,5KG FEMALE: 30KG (THROUGHOUT)						
9 HANG CLEANS RX - MALE: 50 KG START FEMALE: 35 KG START RX - ADD 10KG / 5 KG AFTER EVERY ROUND SCALED - MALE: 42,5KG FEMALE: 30KG (THROUGHOUT)						
6 SHOULDER TO OH. RX - MALE: 50 KG START FEMALE: 35 KG START RX - ADD 10KG / 5 KG AFTER EVERY ROUND SCALED - MALE: 42,5KG FEMALE: 30KG (THROUGHOUT)						
POSSIBLE REPS	189	216	243	270	297	324

**YOUR EVENT 18.3 SCORE:
FOR TOTAL REPS**

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED

Pairs will switch after each round. Only one team member working at a time.

DIVISION	TEAM NAME	TEAM SIGNATURE	JUDGE INT.
<input type="radio"/> Rx <input type="radio"/> Scaled	X	X	