



WORKOUT 1 BEGINNER: FRANTIC FRAN

For Time

Time Cap: 15 Minutes

Weights: BB 20kg / 15kg

Movement	Time
400m	(TB)
21 Syncro Thrusters	[21]
21 Syncro Jumping Pull-ups	[42]
15 Syncro Thrusters	[57]
15 Syncro Jumping Pull-ups	[72]
9 Syncro Thrusters	[81]
9 Syncro Jumping Pull-ups	[90]
Completed time/reps:	
Tie break time after 400m run	

Team Name	
Captain Signature	
Judge name	
Judge signature	



WORKOUT 1 BEGINNER: FRANTIC FRAN	
Completed time/reps:	
Tie break time after 400m run	
Team Name	
Captain Signature	
Judge name	
Judge signature	

