



WORKOUT 1 BEGINNER: DOUBLE OR NOTHING

AMRAP

Time Cap : 10 Minutes

Dumbbell: ♀ 5kg | ♂ 10kg

Burpees Snatches Rope	Burpees	DB Snatches	Single Unders	Tie Break
Round of 2 2 20	[2]	[4]	[24]	
Round of 4 4 40	[28]	[32]	[72]	
Round of 8 8 80	[80]	[88]	[168]	:
Round of 16 16 160	[184]	[200]	[360]	
Round of 32 32 320	[392]	[424]	[744]	
Round of 64 64 640	[808]	[872]	[1512]	
Round of 128 128 1280	[1640]	[1768]	[3048]	
Total completed reps :				
Tie Break Time:				:

Team Name	
Captain Signature	
Judge name	
Judge signature	

WORKOUT 1 BEGINNER: DOUBLE OR NOTHING	
Completed reps:	
Tie break time :	:
Team Name	
Captain Signature	
Judge name	
Judge signature	

