



# WORKOUT 1 INTERMEDIATE: DOUBLE OR NOTHING

AMRAP

Time Cap : 10 Minutes

Dumbbell: ♀ 10kg | ♂ 15kg

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]	
<b>Total completed reps :</b>				
<b>Tie Break Time:</b>				:

Team Name	
Captain Signature	
Judge name	
Judge signature	

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<b>Completed reps:</b>	
<b>Tie break time :</b>	:
Team Name	
Captain Signature	
Judge name	
Judge signature	

