



WORKOUT 2 BEGINNER: DOUBLE DT

For Time

Time Cap : 10 Minutes

Barbell : ♀ 15kg | ♂ 20kg

Weight	12 Deadlifts	9 Hang Power Cleans	6 Push Jerks	Tie Break
1 ♀ 15kg — ♂ 30kg 5	[12]	[21]	[27]	
2 ♀ 25kg 5 ♂ 40kg 10	[39]	[48]	[54]	:
3 ♀ 35kg 10 ♂ 50kg 10 5	[66]	[75]	[81]	
4 ♀ 45kg 10 5 ♂ 60kg 20	[66]	[75]	[81]	:
5 ♀ 55kg 20 ♂ 70kg 20 5	[120]	[129]	[135]	
Note: All 5kg plates must be carried forward when advancing.	Completed Time / Reps :			
	Tiebreak Time :			:

Team Name	
Captain Signature	
Judge name	
Judge signature	

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Completed Time / Reps:	
Tie break time :	:
Team Name	
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