



WORKOUT 2 INTERMEDIATE: DOUBLE DT

For Time

Time Cap : 10 Minutes

Barbell : ♀ 15kg | ♂ 20kg

Weight	12 Deadlifts	9 Hang Power Cleans	6 Push Jerks	Tie Break
1 ♀ 25kg  ♂ 50kg 	[12]	[21]	[27]	
2 ♀ 35kg  ♂ 60kg 	[39]	[48]	[54]	:
3 ♀ 45kg  ♂ 70kg 	[66]	[75]	[81]	
4 ♀ 55kg   ♂ 80kg  	[66]	[75]	[81]	:
5 ♀ 65kg   ♂ 90kg  	[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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