



WORKOUT 2 RX: DOUBLE DT

For Time

Time Cap : 10 Minutes

Barbell : ♀ 15kg | ♂ 20kg

| Weight | 12 Deadlifts | 9 Hang Power Cleans | 6 Push Jerks | Tie Break |
|---|--------------------------------|---------------------|--------------|-----------|
| 1 ♀ 35kg 10 ♂ 60kg 20 | [12] | [21] | [27] | |
| 2 ♀ 45kg 15 ♂ 70kg 25 | [39] | [48] | [54] | : |
| 3 ♀ 55kg 15 5 ♂ 80kg 25 5 | [66] | [75] | [81] | |
| 4 ♀ 65kg 15 10 ♂ 90kg 25 10 | [66] | [75] | [81] | : |
| 5 ♀ 75kg 15 10 5 ♂ 100kg 25 10 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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|-------------------------|---|
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