



Team Name: _____
 Division Mark with "x" RX _____ Scaled _____

AMRAP 12MIN

STATION 1: Accumulate calories on the rower
**Row monitor covered for duration of workout
 (We suggest a towel)*

RX M/F	Scale/M/F
All	All

STATION 2: AMRAP

8 TTB + BMU complexes (Shared)
 12 MF Sync Hang Power Cleans 50/35
 16 HSPU (Shared)

TTB + BMU	16 Partner Wallball Sit-ups 10lb
50/35	30/20
HSPU	16 DB STOH 2x 15/7,5kgs

RX: One Athlete on the rower; switch any time 1TTB + 1BMU = 1rep Two barbells (50/35) sync at top	Scaled: One Athlete on the rower; switch any time Two Athletes do situps together with one wallball. Both do 16 situps, alternating the ball. Two barbells (30/20) sync at top
---	--

"THE UNKNOWN" SCORE SHEET

STATION 1: Calories Row

STATION 2: AMRAP 12

Round	8 TTB + BMU complexes / 16 Wallball Sit-ups	12 MF Sync Hang Power Cleans	16 HSPU (Shared)/ DB STOH	RX	SC
1				36	44
2				72	88
3				108	132
4				144	176
5				180	220
6				216	264
7				252	308
8				288	352
9				324	396
10				360	440
11				396	484
12				432	528
13					
14					
15					

STATION 1 – TOTAL Calories rowed: _____

STATION 2 – TOTAL Reps completed: _____

RX _____ Scaled _____