

PART 1 | 0:00 - 15:00

DB Squat Cleans (50/35#)

Row Calories

21	18	15	12	9
21	60	93	120	141
42	78	108	132	150

**IMPORTANT NOTES:**

**A Concept 2 Rower is the only acceptable equipment for the workout**

Only one head of EACH dumbbell is required to touch the ground.

Tiebreak for WOD - 1RM Clean is the tiebreaker for Part 1

Completion Time: \_\_\_\_\_ OR Completed Reps: \_\_\_\_\_  
MM:SS REPS

PART 2 | 15:00 - 22:00

1RM Clean

lbs	lbs	lbs	lbs	lbs
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Best Successful Lift \_\_\_\_\_  
LBS

**SUBMISSION + VALIDATION NOTES:**

- **SCORES DUE BEFORE : Monday, January 6th at 8:00PM EST**
- Score submission help?, visit <http://icompete.cc/submitscores>
- An Affiliate manager is **REQUIRED** to verify your scores for **SCALED and RX DIVISIONS**..
- An Affiliate manager is **encouraged** to verify your scores for **ELITE DIVISIONS**..
- A video submission is **REQUIRED** to enter scores for **ELITE DIVISIONS**, you must video your workout submissions.

ATHLETE SIGNATURE :

X

JUDGE SIGNATURE :

X