

**12 MINUTE AMRAP**

15 Toes to Bar

R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	R13	R14	R15
15	45	75	105	135	165	195	225	255	285	315	345	375	405	435

10 Strict HSPU

25	55	85	115	145	175	205	235	265	295	325	355	385	415	445
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5 Devil Presses (50/35#)

30	60	90	120	150	180	210	240	270	300	330	360	390	420	450
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**IMPORTANT NOTES:**

A box measuring 36" wide and 24" deep must be marked on the floor in front of the wall where strict HSPU will be performed.

Total Reps \_\_\_\_\_

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**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