



WORKOUT

Power Fight Gone Bad, 3 Rds of 1 min intervals

Round	Wall Ball Shots	Power Cleans	Box Jumps	Push Press	Row (Cal)	Rest
1	Reps	Reps	Reps	Reps	Reps	Rest
2	Reps	Reps	Reps	Reps	Reps	Rest
3	Reps	Reps	Reps	Reps	Reps	Done

TOTAL REPS AFTER 3 RDS:_____

Weights

Male

Wall Balls 9 kg | 20 lbs
Barbell 34 kg | 75 lbs
Plyo Box 50 cm | 20 inch

Female

Wall Balls 6 kg | 14 lbs
Barbell 25 kg | 55 lbs
Plyo Box 50 cm | 20 inch

Submission Deadline is January 27th

REMEMBER

- You must submit a valid video link of your video with your submission of your score
- You must make sure that the video can be watched (e.g. copyright issues on YouTube)
- You must make sure to read the description to be aware of details
- You must make sure that your video is good enough that your score can be judged