



**OPEN WEEK 2**  
12 P.M. (NOON) PT THURSDAY, MAR. 3, THROUGH 5 P.M. PT MONDAY MAR. 7



For Time / 10 minutes

1-2-3-4-5-4-3-2-1 reps

KB deallift

Burpees

Reps	KB DL	BURPEES
1		
2		
3		
4		
5		
4		
3		
2		
1		

Nom de l'athlète:

Temps:

Signature Athlète:

Signature juge :