



Qualifier Workout 1 (RX)

7 MINUTE AMRAP

7 DEADLIFTS
21 WALL BALLS
42 DOUBLE UNDERS

DEADLIFT WEIGHT IN KILOGRAMS
WALL BALL WEIGHT: 20LB/14LB (9/6KG)
HEIGHT: M & F RX USE 10' (3.05M) TARGET

Rounds	7 Deadlifts	21 Wall Balls	42 Double Unders	Reps
1				7
2				14
3				21
4				28
5				35
6				42
7				49
8				56
9				63
10				70

SCORE

A: DEADLIFT WEIGHT
(Kilograms):

B: TOTAL REPETITIONS:

A X B = SCORE:

TIEBREAKER:

JUDGES MUST VERIFY SCORES AFTER ONLINE SUBMISSION

YOUR JUDGE WILL RECEIVE AN EMAIL TO VALIDATE YOUR SCORE

ATHLETE NAME	ATHLETE SIGNATURE	AFFILIATE
JUDGE NAME	JUDGE EMAIL ADDRESS	AFFILIATE PERFORMED

SUBMIT SCORES AT WWW.COMPETITIONCORNER.NET
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Qualifier Workout 1 (Scaled)

7 MINUTE AMRAP

7 DEADLIFTS
21 WALL BALLS
42 SINGLE UNDERS

DEADLIFT WEIGHT IN KILOGRAMS
WALL BALL WEIGHT: 20LB/14LB (9/6KG)
HEIGHT: M & F SCALED USE 9' (2.74M)

Rounds	7 Deadlifts	21 Wall Balls	42 Single Unders	Reps
1				7
2				14
3				21
4				28
5				35
6				42
7				49
8				56
9				63
10				70

SCORE

A: DEADLIFT WEIGHT
(Kilograms):

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