

WOD 1: HEAVY IMPACT

PART A 0:00 - 5:00

FIND 1 REP MAX SNATCH

LBS
LBS
LBS
LBS

BEST SUCCESSFUL LIFT

LBS

PART B 5:00 - 10:00

FIND 1 REP MAX CLEAN & JERK

LBS
LBS
LBS
LBS

BEST SUCCESSFUL LIFT

LBS

ATHLETE NAME:

JUDGE NAME:

SCORES DUE BEFORE: MONDAY, AUGUST 31ST AT 8PM EST