

# TEAM of 2

# 1PRO

## AMRAP 9'

- 00:00 to 06:00 SYNCHRO
- 06:00 to 09:00 BOTH PARTNERS workout (different movements are possible)

### MOVEMENTS & DIFFICULTY

MONO			GYM			HALTERO		
RUN	ROOKIE	10m	SIT-UPS	ROOKIE	5 REPS	BARBELL PUSH PRESS (10/5)	ROOKIE	3 REPS
	SCALED	20m		SCALED	10 REPS		SCALED	6 REPS
	RX	30m		RX	15 REPS		RX	8 REPS
SINGLE UNDERS	ROOKIE	10 REPS	AIR SQUAT	ROOKIE	5 REPS	DOUBLE KETTLE DEADLIFT (8/4)	ROOKIE	3 REPS
	SCALED	20 REPS		SCALED	10 REPS		SCALED	6 REPS
	RX	30 REPS		RX	15 REPS		RX	8 REPS
DOUBLE UNDERS	ROOKIE	3 REPS	BOX JUMP (16"/14")	ROOKIE	2 REPS	KETTLE RUSSIAN SWING (12/8)	ROOKIE	4 REPS
	SCALED	6 REPS		SCALED	5 REPS		SCALED	8 REPS
	RX	10 REPS		RX	8 REPS		RX	10 REPS
			BURPEES	ROOKIE	2 REPS	KETTLE SWING US (12/8)	ROOKIE	3 REPS
				SCALED	5 REPS		SCALED	6 REPS
				RXD	8 REPS		RX	8 REPS
			CHIN UPS (strict/band)	ROOKIE	1 REP	OH KETTLE LUNGE (8/4)	ROOKIE	3 REPS
				SCALED	2 REPS		SCALED	6 REPS
				RX	3 REPS		RX	8 REPS
						GOBLET SQUAT (12/8)	ROOKIE	3 REPS
							SCALED	6 REPS
							RX	8 REPS

SYNCHRO : 3 MOVEMENTS= RUN+ EACH OTHER CAT  
 BOTH PARTNERS : 2 MOVEMENTS EACH ONE (CAN BE DIFFERENT)