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CanWest Games Qualifier Workout 17.4:

May 25th 2017, 17:00 PT - May 29th 2017, 17:00 PT

<p>Workout 17.4 - As Rx As RX (Men / Women) Masters 35-39 (Men / Women) Masters 40-44 (Men / Women)</p> <p>For Time: 21-18-15-12-9-6-3 Reps of: Overhead Squat T2B</p> <p>Men 95# Women 65#.</p> <p>SCORE IS TOTAL TIME</p>	<p>Workout 17.4 - Variations Masters 45-49 (Men / Women) Masters 50-54 (Men / Women) Teens</p> <p>AMRAP 9-minute 3,3,6,6,9,9,12,12..etc BB F.Lunge (Per Leg) T2B</p> <p>Men 115# Women 75#</p> <p>Every second round, the number of repetitions will increase by 3. Score = Total Complete Reps</p>
<p>Workout 17.4 - Variations Masters 55+ (Men / Women) Scaled (Men / Women)</p> <p>AMRAP 9-minute 3,3,6,6,9,9,12,12..etc BB F.Lunge (Per Leg) KB Swings (American)</p> <p>Men 95# BB 53# KB Women 65# BB 35# KB</p> <p>Every second round, the number of repetitions will increase by 3. Score = Total Complete Reps</p>	



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Workout 17.4 - As Rx As RX (Men / Women) Masters 35-39 (Men / Women) Masters 40-44 (Men / Women) For Time: 21-18-15-12-9-6-3 Reps of: Overhead Squat Toes to Bar. Men 95 lbs. Women 65 lbs. SCORE IS TOTAL TIME	R O U N D		
		OH Squats	Toes to Bar
	1	(21)	(21)
	2	(18)	(18)
	3	(15)	(15)
	4	(12)	(12)
	5	(9)	(9)
	6	(6)	(6)
7	(3)	(3)	

ATHLETE NAME _____ **TOTAL TIME** _____



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Workout 17.4 - Variations	RN D	Barbell Front Rack Lunge (6 Alt Lunge = 3 Reps Total)	Toes to Bar	REPS
Masters 45-49 (Men / Women)	1	(3)	(3)	(6)
Masters 50-54 (Men / Women)	2	(3)	(3)	(12)
Teens	3	(6)	(6)	(24)
AMRAP 9-minute	4	(6)	(6)	(36)
3,3,6,6,9,9,12,1 2..etc	5	(9)	(9)	(54)
BB F.Lunge (Per Leg)	6	(9)	(9)	(72)
T2B	7	(12)	(12)	(96)
Men 115#	8	(12)	(12)	(120)
Women 75#	9	(15)	(15)	(150)
Every second round, the number of repetitions will increase by 3. Score = Total Reps	10	(15)	(15)	(180)
	11	(18)	(18)	(216)
	12	(18)	(18)	(252)
	13	(21)	(21)	(294)
	14	(21)	(21)	(336)
	15	(24)	(24)	(384)
	16	(24)	(24)	(432)

ATHLETE NAME _____ **TOTAL REPS** _____



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CanWest Games Qualifier 17.4

Workout 17.4 - Variations	RN D	Barbell Front Rack Lunge (6 Alt Lunge = 3 Reps Total)	Kettlebell Swings	REPS
Masters 55+ (Men / Women)	1	(3)	(3)	(6)
Scaled (Men / Women)	2	(3)	(3)	(12)
AMRAP	3	(6)	(6)	(24)
9-minute	4	(6)	(6)	(36)
3,3,6,6,9,9,12,1 2..etc	5	(9)	(9)	(54)
BB F.Lunge (Per Leg)	6	(9)	(9)	(72)
KB Swings (American)	7	(12)	(12)	(96)
Men 95# BB 53# KB	8	(12)	(12)	(120)
Women 65# BB 35# KB	9	(15)	(15)	(150)
Every second round, the number of repetitions will increase by 3. Score = Total Reps	10	(15)	(15)	(180)
	11	(18)	(18)	(216)
	12	(18)	(18)	(252)
	13	(21)	(21)	(294)
	14	(21)	(21)	(336)
	15	(24)	(24)	(384)
	16	(24)	(24)	(432)

ATHLETE NAME _____ **TOTAL REPS** _____