



DEADLINE:  
OCT 14 @ 4PM GMT +4

### DCC 18.2

Part A

	R1	R2	R3	R4
8M FRONT RACK LUNGES	1	27	53	79
8 BAR FACING BURPEES	9	35	61	87
8M FRONT RACK LUNGES	10	36	62	88
8 BAR FACING BURPEES	18	44	70	96
8 BAR MUSCLE UPS	26	52	78	104

-- DURING REMAINING TIME --

Part B

### 1 HANG CLEAN + 2 FRONT SQUATS COMPLEX

LBS	LBS	LBS	LBS	LBS
ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5

## FINAL SCORE

Part A  
**TIME:**

Part B  
**WEIGHT:**  LBS

YOUR HIGHEST SUCCESSFUL LIFT

**PLAN PROPERLY**  
Videos are required, you may upload to YouTube, Vimeo, Dropbox, Google Drive.

**SCORE SUBMISSION**  
1) Log into <https://qualifier.dubaicrossfitchampionship.com>  
2) Select the workout  
3) Key in final score and add video link

ATHLETE NAME

X

GENDER

Male Female

JUDGE NAME

X