



EVENT 1 – ‘D-E-D’

[Time Cap – 10:00 mins]

Team Name: _____

Division: Sc

Workout Description

Scaled

50 Synchro Deadlifts*

*Every break, perform 3 Synchro Step Ups + 9 Synchro Knee Raises

Into,

50 Synchro Step Ups

90 Synchro Knee Raises*

*Every break, perform 1 Deadlift

Sc: 70/50kg | 24/20"

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50 Synchro Deadlifts

10	20	30	40	50
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50

Sc: Every break, perform 3 Synchro Step Ups + 9 Synchro Knee Raises

Break 1	Break 2	Break 3	Break 4	Break 5
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50 Synchro Step Ups

10	20	30	40	50
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100

90 Synchro Knee Raises

15	30	45	60	75	90
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190

Sc: Every break, perform 1 Synchro Deadlift

Break 1	Break 2	Break 3	Break 4	Break 5	Break 6	Break 7
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Total Time

Time Capped @ 10:00 mins

Reps Completed

Team Captain Signature: _____

Judge Signature: _____