

OLQ

TEST



"GRIPITY"

00:00 8 T2B

02:00 8 T2B

04:00 8 T2B

06:00 8 T2B

08:00 TOTAL CALORIES ROWED

16:00 HEAVIEST COMPLEX LIFTED

TOTAL SCORE

On a 16 Minute Clock:

8 Minute AMRAP

E2MOM (STARTING AT 0:00) complete 8 Toes-to-Bar

Row for Max Calories

directly into

8 minutes to establish a Heavy Complex:

3 Deadlift + 2 Hang Clean + 1 Shoulder-to-Overhead