OLQ TEST 2

VICTORY GRIPS

PIT TEEN THROWDOWN

"567"

				TIME
00:00	5 RUN ✓	6 CLUSTERS ✓	7 BFB ✓	1:26
02:00	5 RUN ✓	6 CLUSTERS ✓	7 BFB ✓	1:32
04:00	5 RUN ✓	6 CLUSTERS ✓	7 BFB ✓	1:38
06:00	5 RUN ✓	6 CLUSTERS ✓	7 BFB ✓	1:44
08:00	5 RUN ✓	6 CLUSTERS ✓	7 BFB ✓	1:42
10:00	5 RUN ✓	6 CLUSTERS ✓	7 BFB ✓	1:48

TOTAL REPS	108	TOTAL TIME (ADD UP ALL TIMES) TIEBREAKER	9:50

Every 2 Minutes for 6 Rounds
5 Shuttle Runs 50' (25'/25')
6 Squat Clean Thrusters
7 Bar Facing Burpees
14-15 Age Group Barbell Weight 95/65
16-17 Age Group Barbell Weight 115/85
*Score is TOTAL REPS COMPLETED
*Tiebreaker will be your TOTAL WORKING TIME FOR ALL ROUNDS COMBINED

OLQ TEST 2

VICTORY GRIPS

PIT TEEN THROWDOWN

"567"

				TIME
00:00	5 RUN ✓	6 CLUSTERS ✓	7 BFB ✓	1:36
02:00	5 RUN ✓	6 CLUSTERS ✓	7 BFB ✓	1:48
04:00	5 RUN ✓	6 CLUSTERS ✓	7 BFB 5	2:00
06:00	5 RUN ✓	6 CLUSTERS ✓	7 BFB 2	2:00
08:00	5 RUN ✓	6 CLUSTERS 5	7 BFB 0	2:00
10:00	5 RUN ✓	6 CLUSTERS 3	7 BFB 0	2:00

TOTAL REPS	83	TOTAL TIME (ADD UP ALL TIMES) TIEBREAKER	11:24

Every 2 Minutes for 6 Rounds
5 Shuttle Runs 50' (25'/25')
6 Squat Clean Thrusters
7 Bar Facing Burpees
14-15 Age Group Barbell Weight 95/65
16-17 Age Group Barbell Weight 115/85
*Score is TOTAL REPS COMPLETED
*Tiebreaker will be your TOTAL WORKING TIME FOR ALL ROUNDS COMBINED