

OLQ

TEST



"SPIDER MONKEY"

TIME

60 DUMBBELL SNATCH

50 GHD SIT-UPS

40 AIR BIKE CALORIES

30 PISTOLS

20 C2B PULL-UPS

10 DECK TO PULL-OVER

REPS COMPLETED AT 20 MIN

TIME

For Time:

60 Dumbbell Snatch

50 GHD Sit-ups

40 Calorie Air Bike

(Echo or Assault)

30 Pistols

20 Chest-to-Bar Pull-Ups

10 Deck to Pull-Over

14-15 Age Group Dumbbell

Weight 35/25

16-17 Age Group Dumbbell

Weight 50/35

*20 Minute Time Cap

*1st Tiebreaker - Total Reps Completed

*2nd Tiebreaker - Time elapsed at completion of last movement

(Example: If unable to complete a Pull-Over, Tiebreak is elapsed time at completion of Chest-to-Bar Pull-Ups)