



ELEIKO

Battle the Beach 2022 - Qualification 22.2 RX Division

Time

Time Cap 10 min

Split however you like

Double Unders	30	60	90
Clean and Jerks	10	20	30
Bar Muscle Ups	10	20	30 / 20 / 10
Snatches	10	20	30
Double Unders	30	60	90

Time: _____

weight	Male	Female
Clean and Jerk	70kg	40kg
Snatch	70kg	40kg

Reps Bar Muscle ups:	
Male / Male	30
Male / Female	20
Female / Female	10