



TOUGH'N'ROUGH 2020 | WORKOUT 1
Scores to be submitted by Sunday 26th July at 9:00pm

This workout has to be done by each team member individually. Work until you fail.

EMOM until failure
6 cal row
1 power snatch*

*The reps of the power snatches increases minute by minute.

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RX
Men power snatch 40kg
Women power snatch 30kg

Intermediate
Men power snatch 30kg
Women power snatch 20kg

SCORECARD WORKOUT 1 | ALL DIVISIONS

min	Cal row	Power snatch	Total	min	Cal row	Power snatch	Total
1	6	1	7	9	6	9	99
2	6	2	15	10	6	10	115
3	6	3	24	11	6	11	132
4	6	4	34	12	6	12	150
5	6	5	45	13	6	13	169
6	6	6	57	14	6	14	189
7	6	7	70	15	6	15	210
8	6	8	84	16	6	16	232

Total Reps: _____

SCORING

Each team member does this workout individually. The athlete's score will be the total reps of calories plus power snatches. For the team score, add both athlete's scores together. The team captain will be asked to submit a single team score and a video per team member to competitioncorner.net

For detailed information have a look into the workout description.