

Workout 2: What the Fran

Division	DB Weights M/F	Gymnastic movement	Division	DB Weights M/F	Gymnastic movement
Elite	22.5/15 kg	Chest to bar pull ups	Advance	20/12.5 kg	Chin over bar pull ups
Intermediate	15/10 kg	Jumping pull ups	Master 35-39	20/12.5 kg	Chin over bar pull ups
Teen 16-17	20/12.5 kg	Chin over bar pull ups	Beginner	10/5 kg	Ring rows
Master 40-44	15/10 kg	Jumping pull ups	Teen 14-15	15/10 kg	Jumping pull ups
Master 45-49	15/10 kg	Jumping pull ups	Masters 60+	10/5 kg	Ring rows
Master 50-54	15/10 kg	Jumping pull ups			

FOR TIME: 10min

Reps	Movement	Completed
21	Gymnastic movement	21
21	Double DB Thrusters	42
15	Gymnastic movement	57
15	Double DB Thrusters	72
9	Gymnastic movement	81
9	Double DB Thrusters	90

Time: _____

Or CAP: _____ reps

Athlete: _____

Signature: _____

Division: _____

Judge: _____

Signature: _____