

Names: _____/_____/_____

Workout #1 Scorecard - **KB Madness**

AMRAP 16

- 1 kettlebell complex
- 750m row
- 2 kettlebell complex
- 750m row
- 3 kettlebell complex
- 750m row

◆ add (1) kettlebell complex every round

- RX - 35/25 (x1 kettlebell)
- SX - 25/16 (x1 kettlebell)

- (1) kettlebell complex consists of the following movements:
 - 3 russian kettlebell swings
 - 3 hang cleans
 - 3 squats
 - 3 thrusters
- Complete all 12 reps on one arm and then (12) on the other - 24 reps total
- All kettlebell movements must be synchronized between all (3) athletes

SCORING

- The score is total reps completed by the team
- 1 completed KB complex = 24 reps (12 right arm/12 left arm)
- 1 m = 1 rep

1 - KB Complex	(24)
750 Row	(774)
2 - KB Complex	(822)
750 Row	(1572)
3 - KB Complex	(1644)
750 Row	(2394)
4 - KB Complex	(2490)
750 Row	(3240)
5 - KB Complex	(3360)
750 Row	(4110)

Total Reps Completed in 16 min: _____