



2020 ALLSTAR ONLINE TEAM SERIES

EVENT 5

For Time - 40mins Cap



TEAM NAME _____

Workout Description

RX	Master 35-44	Scaled	Master 45+
10 Chest to Bar pull ups	10 Pull ups	10 Pull ups	10 Pull ups
20 Thrusters (50/40 kg)	20 Thrusters (40/30 kg)	20 Thrusters (30/20 kg)	20 Thrusters (30/20 kg)
10 Chest to Bar pull ups	10 Pull ups	10 Pull ups	10 Pull ups
20 Front Squats (50/40 kg)	20 Front Squats (40/30 kg)	20 Front Squats (30/20 kg)	20 Front Squats (30/20 kg)
10 Chest to Bar pull ups	10 Pull ups	10 Pull ups	10 Pull ups
20 Shoulder to Overhead (50/40 kg)	20 Shoulder to Overhead (40/30 kg)	20 Shoulder to Overhead (30/20 kg)	20 Shoulder to Overhead (30/20 kg)
10 Chest to Bar pull ups	10 Pull ups	10 Pull ups	10 Pull ups

* Substitution for Pull-ups = Ring Row (Scaled / Master 45+ Only)

* Athletes must tag before the next athlete can start

Athlete 1	10 Chest to Bar / Pull Ups	2	4	6	8	10					
	20 Thrusters	2	4	6	8	10	12	14	16	18	20
	10 Chest to Bar / Pull Ups	2	4	6	8	10					
	20 Front Squats	2	4	6	8	10	12	14	16	18	20
	10 Chest to Bar / Pull Ups	2	4	6	8	10					
	20 Shoulder to Overhead	2	4	6	8	10	12	14	16	18	20
	10 Chest to Bar / Pull Ups	2	4	6	8	10					

Athlete 2	10 Chest to Bar / Pull Ups	2	4	6	8	10					
	20 Thrusters	2	4	6	8	10	12	14	16	18	20
	10 Chest to Bar / Pull Ups	2	4	6	8	10					
	20 Front Squats	2	4	6	8	10	12	14	16	18	20
	10 Chest to Bar / Pull Ups	2	4	6	8	10					
	20 Shoulder to Overhead	2	4	6	8	10	12	14	16	18	20
	10 Chest to Bar / Pull Ups	2	4	6	8	10					

Athlete 3	10 Chest to Bar / Pull Ups	2	4	6	8	10					
	20 Thrusters	2	4	6	8	10	12	14	16	18	20
	10 Chest to Bar / Pull Ups	2	4	6	8	10					
	20 Front Squats	2	4	6	8	10	12	14	16	18	20
	10 Chest to Bar / Pull Ups	2	4	6	8	10					
	20 Shoulder to Overhead	2	4	6	8	10	12	14	16	18	20
	10 Chest to Bar / Pull Ups	2	4	6	8	10					

Athlete 4	10 Chest to Bar / Pull Ups	2	4	6	8	10					
	20 Thrusters	2	4	6	8	10	12	14	16	18	20
	10 Chest to Bar / Pull Ups	2	4	6	8	10					
	20 Front Squats	2	4	6	8	10	12	14	16	18	20
	10 Chest to Bar / Pull Ups	2	4	6	8	10					
	20 Shoulder to Overhead	2	4	6	8	10	12	14	16	18	20
	10 Chest to Bar / Pull Ups	2	4	6	8	10					

Total Time