

17.2

RX

AMRAP 12'
10 THRUSTER 40/30
10 BOX JUMP 60 CM / 50 CM BOX

SCALED

AMRAP 12'
10 THRUSTER 30/20
10 BOX JUMP 60 CM / 50 CM BOX

| | | | | |
|-------------|-------------|-------------|------|------|
| RONDA 1 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 20 |
| RONDA 2 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 40 |
| RONDA 3 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 60 |
| RONDA 4 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 80 |
| RONDA 5 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 100 |
| RONDA 6 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 120 |
| RONDA 7 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 140 |
| RONDA 8 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 160 |
| RONDA 9 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 180 |
| RONDA 10 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 200 |
| RONDA 11 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 220 |
| RONDA 12 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 240 |
| RONDA 13 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 260 |
| RONDA 14 | 10 THRUSTER | 10 BOX JUMP | TIME | REPS |
| | | | | 280 |
| REPS | | | | |

*EN CASO DE EMPATE EL ORDEN LO ESTABLE EL TIEMPO PARCIAL DE LA ULTIMA RONDA REALIZADA.

#thebirthofthefenix