**25.1**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Atleta:** | | | | | **Categoria:** | | | | | |
|  | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Deadlift** | **1** | **10** | **22** | **37** | **55** | **76** | **100** | **127** | **157** | **190** |
| **Hang Clean** | **2** | **12** | **25** | **41** | **60** | **82** | **107** | **135** | **166** | **200** |
| **S.O.H** | **3** | **14** | **28** | **45** | **65** | **88** | **114** | **143** | **175** | **210** |
| **-----------------5 BURPEES SEMPRE---------------** | | | | | | | | | | |
| **Burpee over Bar** | **8** | **19** | **33** | **50** | **70** | **93** | **119** | **148** | **180** | **215** |
| **9’ Amrap:**  **1 deadlift**  **1 Hang clean**  **1 s.o.h.**  **5 bar facing burpees**  **\*A cada round aumente 1 rep dos levantamentos.** | | | | | **Cargas :**  **42,5/60 rx**  **30/ 42,5 int.**  **20/30 scale** | | | | | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Atleta:** | | | | | **Categoria:** | | | | | |
|  | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Deadlift** | **1** | **10** | **22** | **37** | **55** | **76** | **100** | **127** | **157** | **190** |
| **Hang Clean** | **2** | **12** | **25** | **41** | **60** | **82** | **107** | **135** | **166** | **200** |
| **S.O.H** | **3** | **14** | **28** | **45** | **65** | **88** | **114** | **143** | **175** | **210** |
| **-----------------5 BURPEES SEMPRE---------------** | | | | | | | | | | |
| **Burpee over Bar** | **8** | **19** | **33** | **50** | **70** | **93** | **119** | **148** | **180** | **215** |
| **9’ Amrap:**  **1 deadlift**  **1 Hang clean**  **1 s.o.h.**  **5 bar facing burpees**  **\*A cada round aumente 1 rep dos levantamentos.** | | | | | **Cargas :**  **42,5/60 rx**  **30/ 42,5 int.**  **20/30 scale** | | | | | |

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| **Atleta:** | | | | | **Categoria:** | | | | | |
|  | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Deadlift** | **1** | **10** | **22** | **37** | **55** | **76** | **100** | **127** | **157** | **190** |
| **Hang Clean** | **2** | **12** | **25** | **41** | **60** | **82** | **107** | **135** | **166** | **200** |
| **S.O.H** | **3** | **14** | **28** | **45** | **65** | **88** | **114** | **143** | **175** | **210** |
| **-----------------5 BURPEES SEMPRE---------------** | | | | | | | | | | |
| **Burpee over Bar** | **8** | **19** | **33** | **50** | **70** | **93** | **119** | **148** | **180** | **215** |
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