



WORKOUT SCORECARD

SPONSORED BY
Lurong
LIVING

DOUBLE TROUBLE LEVELS 1-3

WORKOUT: This is a timed workout with a descending ladder of Wall Balls and Power Snatches. The rep sequence is 21-15-9-6-3 and there is a 12-minute time cap. Every uncompleted REP counts as a 1-second penalty. The prescribed weights and movements are the same for all divisions.

LEVEL 3

Wall Balls	20 lbs @ 10 ft	14 lbs @ 9 ft
Power Snatches	95 lbs	65 lbs

LEVEL 2

Wall Balls	14 lbs @ 10 ft	10 lbs @ 9 ft
Power Snatches	75 lbs	55 lbs

LEVEL 1

Wall Balls	14 lbs @ 9 ft	10 lbs @ 8 ft
Power Snatches/ Ground to Overhead	45 lbs	35 lbs

DOUBLE TROUBLE ATHLETE NAME _____ TIME _____ LEVEL _____
 AFFILIATE _____ VALIDATOR _____
 I confirm the reps performed in this workout are accurate _____
 Affiliate Signature Date

DOUBLE TROUBLE ATHLETE NAME _____ TIME _____ LEVEL _____
 AFFILIATE _____ VALIDATOR _____
 I confirm the reps performed in this workout are accurate _____
 Athlete Signature Date