



HOPE FOR KENYA

kenya.crossfit.com | February 16, 2013

Athlete Name _____

Judge Name _____

Affiliate _____

Complete as many rounds and reps as possible in 12 minutes of:

50 Squats

30 Push-ups

15 Pull-ups

	Round 1	2	3	4	5	6	7	8
50 Squats								
30 Push-ups								
15 Pull-ups								

Rounds completed _____ Additional reps _____

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