



PiaceAppaloosa 2022 – Qualifier

13:00 Lunedì 14 Marzo – 23:59 Sabato 19 Marzo

#PCA2022 – Qualifier

IN 10 MIN TIME FRAME COMPLETE:

Part A – For Time:

- 100/75 CAL ROW

Part B: AMRAP

- 1 ROUND DT

- 5 HANDSTAND PUSH UP

♀ 45 kg – 40 kg – 25kg

♂ 70kg – 60kg – 30kg

Time cap: 10 minutes

WORKOUT VARIATIONS

Elite

♀ 45kg – Strict HSPU

♂ 70kg – Strict HSPU

Regular

♀ 40kg – Kipping HSPU

♂ 60kg – Kipping HSPU

Experience

♀ 25kg – Hand Release Push-up

♂ 30kg – Hand Release Push-up

Atleta:

Giudice:

Row time: _____

REPS at minute 10: _____

Elite

Regular

Experience

		TIME
ROW 75/100 cal		
12 Deadlift	12	
9 Hang Power Clean	21	
6 Shoulder to Overhead	27	
5 Handstand Push-ups	32	
12 Deadlift	44	
9 Hang Power Clean	53	
6 Shoulder to Overhead	59	
5 Handstand Push-ups	64	
12 Deadlift	76	
9 Hang Power Clean	85	
6 Shoulder to Overhead	91	
5 Handstand Push-ups	96	
12 Deadlift	108	
9 Hang Power Clean	117	
6 Shoulder to Overhead	123	
5 Handstand Push-ups	128	
12 Deadlift	140	
9 Hang Power Clean	149	
6 Shoulder to Overhead	155	
5 Handstand Push-ups	160	
12 Deadlift	172	
9 Hang Power Clean	181	
6 Shoulder to Overhead	187	
5 Handstand Push-ups	192	

REPS

Powered by:



SHARK RIG
ATTREZZATURE POWERLIFTING STRONGMAN CROSSFITTING

FLUO Bite