



2016 Beat the Streets Workout:

Partner WOD, AMRAP 15min:

One person holding a plate overhead (45/25/10#) while the other person completes:

12 Front Squats (135/95/65#)

12 Burpees

Switch partners and continue.

Can't start the movement until the plate is overhead. If plate drops, movement stops.

Score is total # of reps.

* Two athletes per team, any combination of male and female, adult and youth.

* Each athlete must do an equal number of reps.

Scoring:

- The team's score is the total number of repetitions completed in 15 minutes.
- Every rep counts, and credit should be given for partially completed rounds.
- It is recommended that L1 Trainers and/or experienced CrossFitters judge Rx teams and use the downloadable score sheet.