



# BEAT THE Streets ANNUAL FUNDRAISER

PROCEEDS GO TO STEVE'S CLUB NATIONAL PROGRAM  
A NON-PROFIT THAT BRINGS FITNESS, NUTRITION AND MENTORSHIP TO AT-RISK YOUTH

## PARTNER WOD

AMRAP 15 Min

- 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.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

Suggested Donation: \_\_\_\_\_

**STEVE'S CLUB MISSION:** Steve's Club, and its participating members, provide a national network of programs through which at-risk or underserved youth of any socioeconomic background can join in the CrossFit Community at a reduced, low or no-cost structure.