



MONTHLY CHALLENGE 19.11

NOV 1, 12:00 pm, THROUGH NOV 15, 12:00 pm

WORKOUT 19.11

12min AMRAP

2 rounds of

- 10 power cleans (50/35 kg)
- 10 bench presses (50/35 kg)

then

2 rounds of

- 10 backsquats (50 / 35 kg)
- 10 HSPUs

10 Power Clean	10	90	170	250	330	410
10 Bench Press	20	100	180	260	340	420
10 Power Clean	30	110	190	270	350	430
10 Bench Press	40	120	200	280	360	440
10 Backsquats	50	130	210	290	370	450
10 HSPUs	60	140	220	300	380	460
10 Backsquats	70	150	230	310	390	470
10 HSPUs	80	160	240	320	400	480

Athlete Name: _____

Affiliate: _____

Score: _____

Male

Female

presented by



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GoPrimal is your supplementation partner for increasing performance and high quality ingredients.