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SCORECARD – DAY 1 - WORKOUT 2

COMPLETE THE FOLOWING IN THE BEST TIME POSSIBLE:	MALE	MALE 60+	FEMALE
1KM RUN			
30 BARBELL PUSH PRESS	40KG	30KG	30KG
30 BARBELL SUMO HIGH PULL	40KG	30KG	30KG
30 BARBELL FRONT SQUATS	40KG	30KG	30KG

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WORKOUT BRIEF

On the signal 321GO Athletes will complete the following in the best time possible: 1km run, then complete 40 reps of a Push Press, 40 reps of Sumo Highpulls, 40 Reps of Front Squats.