



EMT18.1-18.2q

Old Dirty Bastard RX

Part 1. (00:00-07:00), FOR TIME

| MOVEMENTS | REPS COMPLETED | REPS POSSIBLE |
|------------------------|----------------|---------------|
| 30 BURPEE OVER THE ERG | | 10 |
| | | 20 |
| | | 30 |
| 30 CAL ROW | | 60 |
| 30 THRUSTER | | 70 |
| | | 80 |
| | | 90 |

YOUR FINAL SCORE
TIME OR REPS

Then 7 minute mark , Part 2. (07:00-14:00), For Time:

| MOVEMENTS | REPS COMPLETED | REPS POSSIBLE |
|------------------------|----------------|---------------|
| 30 THRUSTER | | 10 |
| | | 20 |
| | | 30 |
| 30 CAL ROW | | 60 |
| 30 BURPEE OVER THE ERG | | 70 |
| | | 80 |
| | | 90 |

YOUR FINAL SCORE
TIME OR REPS

WEIGHTS:

Male Thruster: (45)(40)(35)
Female Thruster: (30)(25)(20)

| | |
|--|---|
| GENDER <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE | DIVISION <input type="checkbox"/> 35-39 <input type="checkbox"/> 40-44 <input type="checkbox"/> 45-49 <input type="checkbox"/> 50-54 <input type="checkbox"/> 55-59 <input type="checkbox"/> 60+ |
|--|---|

| | | |
|--------------|-------------------|----------------|
| ATHLETE NAME | ATHLETE SIGNATURE | JUDGE INITIALS |
|--------------|-------------------|----------------|