

2017 Week 1 Workout

Thursday July 6th 5:00pm PST

Due Monday July 10th 5:00pm PST



17.1+

Workout 17.1+

- 500m Row
- 15 Thrusters
- 400m Row
- 15 Thrusters
- 300m Row
- 15 Thrusters
- 200m Row
- 15 Thrusters
- 100m Row

Standard Dumbbell Weight
Women 35lbs / Men 50lbs

Scaled Dumbbell Weight
Women 20lbs / Men 35lbs

Athlete Name _____

Date & Time _____

Judges Signature _____

17.1+ Total Time _____

**Visit RowdRoyalty.com for all
Rules and Standards BEFORE
attempting the workout.**

