

2017 Week 2 Workout

Thursday July 13th 5:00pm PST

Due Monday July 17th 5:00pm PST



17.2+

Workout 17.2+
10 Minute AMRAP

250m Row
10 Toes to Bar

Standard - Toes to Bar
Scaled - Hanging Knee Raises

Athlete Name _____

Date & Time _____

Judges Signature _____

17.2+ Total Reps _____

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

Round	Row (250)	T2B (10)	Total Reps
1			260
2			520
3			780
4			1040
5			1300
6			1560
7			1820
8			2080
9			2340
10			2600

