

2017 Week 4 Workout

Thursday July 27th 5:00pm PST

Due Monday July 31st 5:00pm PST



17.4+

Workout 17.4+

For Time

- 2000m Row
- 20 Burpee Over Rower
- 2000m Row
- 20 Burpee Over Rower
- 2000m Row
- 20 Burpee Over Rower
- 100m Row

Standard - 20 Burpee Over Rower
(2 foot take off)

Scaled - 15 Burpee Over Rower
(Step Over)

Athlete Name _____

Date & Time _____

Judges Signature _____

17.4+ Total Time _____

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

