PATTLECANCER

GANGER GANGER

WORK IN PAIRS TO CLIMB AS FAR UP
THIS INCREASING REP SCHEME AS
POSSIBLE BEFORE THE MINUTE-PER-ROUND
TIME CAP TAKES YOU OUT.

EVERY MINUTE ON THE MINUTE:

2 2 SYNCHRO DUMBBELL SNATCH

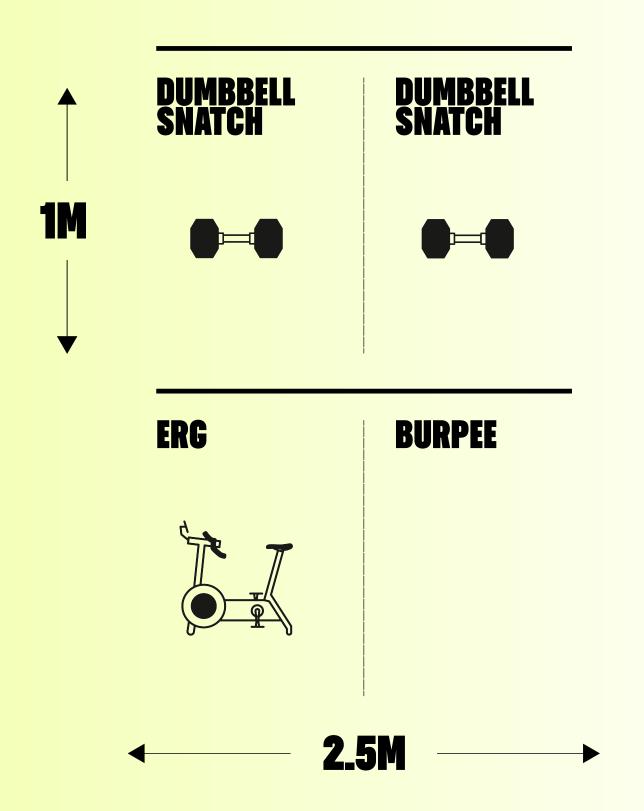
FLOW:

ATHLETE 1 COMPLETES THE CALS AT THE SAME TIME AS ATHLETE 2 COMPLETES THE BURPEES

BOTH ATHLETES COMPLETE THE SYNCHRO DUMBBELL SNATCHES TOGETHER

REPEAT ADDING 1 CALORIE, 1 BURPEE, AND 1 DUMBBELL SNATCH EVERY ROUND

SUGGESTED GYM FLOOR & EQUIPMENT LAYOUT:



QBATTLE.CANCER

INFO@BATTLECANCER.COM

WWW.BATTLECANCER.COM