



EVENT 4 – AGENTS OF CHAOS

20min AMRAP

50 Power Cleans (135/95)

50 Toes to Bar

100 Air Squats

50 Shoulder to Overhead (135/95)

50 Pull-Ups

During which time the team must also complete Max 25ft Sled Pushes (25#)
AND Max Calorie Row.

One athlete may be working on a Rower, one athlete may be working on a Sled Push, and one athlete may be working on the barbell/pull-up bar AMRAP at the same time.

Three Different Scores for this Event:

- 1) Reps in AMRAP
- 2) Completed Full Lengths of Sled Push
- 3) Calories Rowed