**„ENGINE TESTER“**

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| In 9 min time capRow for time \*2000m for men  \*1500m for womenIn remaining timeAMRAP of lateral burpees over the Concept2 rower | This is time priority workout and the score will be a sum of total time value: rowing time (time) - reps (1 rep = 3 seconds of rowing time)Example:2000 m row = 7:30 minAMRAP lateral burpees = 10 reps 7:30min – (10 reps x 3 sec) = 7:00 min totalNOTE: if the row is`t finished in the time cap, the remaining meters are added as seconds to the 9 min time cap. |

**Scorecard**

**Athlete name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- |
| **Row 2000m/1500m** |  **\_\_\_\_\_\_\_\_\_ min** |
| **Lateral burpees** |  **\_\_\_\_\_\_\_\_\_ reps** |
| **Score (time - reps x 3 seconds)** |  **\_\_\_\_\_\_\_\_\_ min**  |