

CHARITY CHIPPER

15-MINUTE AMRAP · TEAMS OF 5

15:00 AMRAP WINDOW	5 ATHLETES / TEAM	3 ON THE DBS / SNATCH
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BUY IN

- 400M RUN**
Full team together
- 50FT SYNCHRO BURPEE BROAD JUMPS**
Every athlete burpees + broad-jumps in unison, side by side
- MAX 3-PERSON SYNCHRO ALT. DB SNATCHES**
3 athletes working, 2 resting · dumbbells alternate each rep · synchro required at top & bottom

→ **Heat release:** the next team of 5 starts their run as soon as the team ahead of them begins DB Snatches



SCORE

Only the **max reps of DB Snatches** count toward the leaderboard. The run and burpee broad jumps are the toll you pay to get there – **three athletes on the DBs at all times**, dumbbells alternating rep to rep, every athlete locking out together at the top and touching down together at the bottom. No synchro, no rep.