

CHARITY CHIPPER

15-MINUTE AMRAP · TEAMS OF 5

15:00

AMRAP WINDOW

5

ATHLETES / TEAM

3

ON THE DBS / SNATCH

BUY IN

400M RUN

Full team together

50FT SYNCHRO BURPEE BROAD JUMPS

Every athlete burpees + broad-jumps in unison, side by side

- INTO -

MAX 3-PERSON SYNCHRO DB SNATCHES

3 athletes working, 2 resting · 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

70

LB DB

50

LB DB

35

LB DB

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**, every athlete locking out together at the top and touching down together at the bottom. No synchro, no rep.

RUN TOGETHER · JUMP TOGETHER · SNATCH TOGETHER
EVERY REP RAISES FUNDS