



THE **MOMENTUM** 95 REP CLEAN AND JERK CHALLENGE



ROUND (EACH ROUND IS 1:30)	REPS (DO REPS, THEN REST)	TOTAL TIME (ONCE ROUND COMPLETED)	TOTAL REPS (ONCE ROUND COMPLETED)
1	5	1:30	5
2	6	3:00	11
3	7	4:30	18
4	8	6:00	26
5	9	7:30	35
6	10	9:00	45
7	11	10:30	56
8	12	12:00	68
9	13	13:30	81
10	14	15:00	95