

SUPPORT YOUR BOX 2021 #2

Scorecard Workout 3A & 3B



Athlete names:	Judge name:
Team name:	Division:

FEMALE Prep 8/7,5kg - Main/Master 12/12,5kg - Top 16/15kg
MALE Prep 12/12,5kg - Main/Master 16/15kg - Top 20/22,5kg

WOD 3A: **TABATA 8 rounds of 20 seconds work and 10 seconds rest**
 1 MIN OF REST

WOD 3B: **AMRAP 2 minutes, there's a TIE -BREAK score at the 1 minute mark**

3A & 3B ARE SEPARATE SCORES. SCORE IS TOTAL OF REPS BY ATHLETE 1 AND 2 TOGETHER

Athlete 1:	
Burpees over KB/DB	
Round 1	
Round 2	
Round 3	
Round 4	
Round 5	
Round 6	
Round 7	
Round 8	
Total Reps 3A	

- 1 min Rest -

Athlete 2:	
Single Arm KB/DB Thrusters	
Round 1	
Round 2	
Round 3	
Round 4	
Round 5	
Round 6	
Round 7	
Round 8	
Total Reps 3A	

- 1 min Rest -

TOTAL SCORE 3A

Athlete 1:	
2 MIN AMRAP	
Single Arm KB/DB Thrusters	
TIE-BREAK SCORE	
Total Reps 3B	

Athlete 2:	
2 MIN AMRAP	
Burpees Over KB/DB	
TIE-BREAK SCORE	
Total Reps 3B	

TIE-BREAK SCORE 3B	
TOTAL SCORE 3B	

Signature athlete

Signature judge