

SUPPORT YOUR BOX 2021 #2

Scorecard Workout 2



Athlete names:	Judge name:
Team name:	Division:

FEMALE Prep 2x 8/7,5kg - Main/Master 2x 12/12,5kg - Top 2x 16/15kg

MALE Prep 2x 12/12,5kg - Main/Master 2x 16/15kg - Top 2x 20/22,5kg

E2MOM - 2 ROUNDS - YOU GO, I GO

Time	0:00	2:00	4:00	6:00	8:00	10:00
10x 5m Shuttle Sprint						
Time	12:00	14:00	16:00	18:00	20:00	22:00
10x 5m Shuttle Sprint						

	Round 1	
25 <u>Double</u> KB/DB Burpee + Snatch		25
50 <u>Single</u> KB/DB Goblet Squat		75
75 <u>Double</u> KB/DB Renegade Row		150
100 DU / 300 SU		250
	Tie Break time	:

	Round 2	
25 <u>Double</u> KB/DB Burpee + Snatch		275
50 <u>Single</u> KB/DB Goblet Squat		325
75 <u>Double</u> KB/DB Renegade Row		400
100 DU / 300 SU		500
	Total Time	:

SCORE

TIE BREAK (last one)	:
TOTAL TIME	:

Signature athlete

Signature judge