

SUPPORT YOUR BOX 2021 #2

Scorecard Workout 1



Athlete names:	Judge name:
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Team name:	Division:
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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

15 MINUTES AMRAP

	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
12 KB/DB Deadlift	12	45	78	111	144	177
2x 5m Farmer Walk (hang)	14	47	80	113	146	179
9 KB/DB Hang Clean	23	56	89	122	155	188
2x 5m Front Rack Walk	25	58	91	124	157	190
6 KB/DB Push Press	31	64	97	130	163	196
2x 5m Overhead Walk R/L	33	66	99	132	165	198
Tie Break Time	:	:	:	:	:	:

	Round 7	Round 8	Round 9	Round 10	Round 11	Round 12
12 KB/DB Deadlift	210	243	276	309	342	375
2x 5m Farmer Walk (hang)	212	245	278	311	344	377
9 KB/DB Hang Clean	221	254	287	320	353	386
2x 5m Front Rack Walk	223	256	289	322	355	388
6 KB/DB Push Press	229	262	295	328	361	394
2x 5m Overhead Walk R/L	231	264	297	330	363	396
Tie Break Time	:	:	:	:	:	:

SCORE

TIE BREAK (last one)	:
TOTAL SCORE	

Signature athlete

Signature judge