

Scorecard

Box Battle Workout 19.4

Auf Zeit:

- 10 Shoulder to Overhead
+ 1 gymnastic complex
- 8 Shoulder to Overhead
+ 1 gymnastic complex
- 6 Shoulder to Overhead
+ 1 gymnastic complex
- 4 Shoulder to Overhead
+ 1 gymnastic complex
- 2 Shoulder to Overhead
+ 1 gymnastic complex

*gymnastic complex:

- 4 Toes to Bar
- 3 Pull Ups
- 2 Chest to Bar
- 1 Bar Muscle Up

Timecap: **12 min.**

Gewichte:

	Runde 1	Runde 2	Runde 3	Runde 4	Runde 5
Frauen	30 kg	35 kg	40 kg	45 kg	50 kg
Männer	40 kg	50 kg	60 kg	70 kg	80 kg

Runde 1		Runde 2		Runde 3	
10 STOH	10	8 STOH	28	6 STOH	44
4 Toes to Bar	14	4 Toes to Bar	32	4 Toes to Bar	48
3 Pull Ups	17	3 Pull Ups	35	3 Pull Ups	51
2 Chest to Bar	19	2 Chest to Bar	37	2 Chest to Bar	53
1 Bar Muscle Up	20	1 Bar Muscle Up	38	1 Bar Muscle Up	54

Runde 4		Runde 5	
4 STOH	58	2 STOH	70
4 Toes to Bar	62	4 Toes to Bar	74
3 Pull Ups	65	3 Pull Ups	77
2 Chest to Bar	67	2 Chest to Bar	79
1 Bar Muscle Up	68	1 Bar Muscle Up	80

Athletenname _____ **Reps nach 7 min.** _____

Tie Break Time _____

Homebase _____ **Judge** _____

Hiermit bestätige ich die Richtigkeit meiner Angaben _____
Unterschrift Athlet Datum