

SCORECARD 2. LIGA SAISON 2022/2023 REGION BATTLE WORKOUT 1



LIFT HEAVY

HOME BASE			
ATHLETENNUMMER			
JUDGE			

STATION A: FIND 1RM BOX JUMP (IN CM)	
STATION B: MAX EFFORT STRICT PULL-UP	
STATION C: ME PUSH PRESS 50/80KG	TIMECAP 10 MINUTEN
STATION D: ME DEADLIFT 80/120KG	SCORE HÖHE & REPS

STATION A	STATION B	STATION C	STATION D
1RM BOX JUMP	MAX EFFORT STRICT PULL-UP	MAX EFFORT PUSH PRESS	MAX EFFORT DEADLIFT
CM	REPS	REPS	REPS

IN A 10 MINUTE WINDOW:

EQUIPMENT:
 1X BOX
 1X RIG BZW. PULL-UP BAR
 2X BARBELL (MANN UND/ODER FRAU)

HÖHE IN CM	
REPS STRICT PULL-UP	
REPS PUSH PRESS	
REPS DEADLIFT	
GESAMT A-D	

HIERMIT BESTATIGE ICH DIE RICHTIGKEIT DER ANGABEN.

 UNTERSCHRIFT ATHLET/ DATUM