

SCORECARD 2. LIGA SAISON 2022/2023 REGION BATTLE WORKOUT 4



LIFT HEAVY

HOME BASE			
ATHLETENNUMMER			
JUDGE			

HEAVY-HITTER-METCON-RELAY			
21 CAL. ROW	21 CAL. ROW		
18 SQUAT SNATCHES	18 SQUAT CLEANS		
15 CAL. ROW	15 CAL. ROW		
12 SQUAT SNATCHES	12 SQUAT CLEANS	TIMECAP	24 MINUTEN
9 CAL. ROW	9 CAL. ROW	SCORE	TIME OR REPS

	21 CAL. ROW	18 SQUAT SNATCHES	15 CAL. ROW	12 SQUAT SNATCHES	9 CAL. ROW
M1	21	39	54	66	75
F1	96	114	129	141	150

	21 CAL. ROW	18 SQUAT CLEANS	15 CAL. ROW	12 SQUAT CLEANS	9 CAL. ROW
M2	171	189	204	216	225
F2	246	264	279	291	300

**FOR TIME:
(M-F-M-F RELAY)**

EQUIPMENT:
 1X ROWER
 1X BARBELL FEMALE (PLATES 30,40,42.5 & 55KG)
 1X BARBELL MALE (PLATES 40,60 & 80KG)

ZEIT	
ODER	
REPS NACH 24 MIN	

HIERMIT BESTATIGE ICH DIE RICHTIGKEIT DER ANGABEN.

UNTERSCHRIFT ATHLET/ DATUM

