

# SCORECARD 1/2

## SAISON 2023/2024

### BOX BATTLE WORKOUT 2



LIFT HEAVY

#### FOR TIME

|                            |                                                |                |              |
|----------------------------|------------------------------------------------|----------------|--------------|
| <b>BUY IN: 24 PULL UPS</b> |                                                |                |              |
| 5 ROUNDS FOR TIME          | 5 ROUNDS FOR TIME                              |                |              |
| 3 WALL WALKS               | 6 BURPEES OVER DUMBBELL                        |                |              |
| 9 TOES TO BAR              | 9 SINGLE ARM DB HANG CLEAN&JERK <u>LINKS</u>   |                |              |
| 12 BOX JUMP OVERS          | 12 SINGLE ARM DB OVERHEAD LUNGES <u>LINKS</u>  |                |              |
|                            | 6 BURPEES OVER DUMBBELL                        |                |              |
| <b>DANACH 3:00 REST</b>    | 9 SINGLE ARM DB HANG CLEAN&JERK <u>RECHTS</u>  | <b>TIMECAP</b> | 25 MINUTEN   |
|                            | 12 SINGLE ARM DB OVERHEAD LUNGES <u>RECHTS</u> | <b>SCORE</b>   | ZEIT O. REPS |

| BUY IN |             |
|--------|-------------|
| RUNDEN | 24 PULL UPS |
| 1      |             |

| RUNDEN | 3 WALL WALKS | 9 TOES TO BAR | 12 BOX JUMP OVERS |
|--------|--------------|---------------|-------------------|
| 1      | 3            | 12            | 24                |
| 2      | 27           | 36            | 48                |
| 3      | 51           | 60            | 72                |
| 4      | 75           | 84            | 96                |
| 5      | 99           | 108           | 120               |

|                      |                 |             |
|----------------------|-----------------|-------------|
|                      | <b>ZEIT</b>     |             |
| <b>HOME BOX</b>      |                 | <b>ODER</b> |
| <b>ATHLETEN NAME</b> | <b>REPS</b>     |             |
| <b>JUDGE</b>         | NACH 25 MINUTEN |             |

HIERMIT BESTÄTIGE ICH DIE RICHTIGKEIT DER ANGABEN.

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UNTERSCHRIFT ATHLET/ DATUM