

SCORECARD 2. LIGA SAISON 2023/2024 REGION BATTLE WORKOUT 1



FOR TIME

EQUIPMENT:
2X WALL BALLS
2X DUMBBELLS 15KG
2X DUMBBELLS 22.5KG
1X RIG BZW. PULL-UP BAR
2X BOX

40 SYNC. WALL BALLS	40 SYNC. WALL BALLS	TIMECAP 24 MINUTEN
20 SYNC. DOUBLE DB REVERSE LUNGES 22,5KG/15KG	30 SYNC. PULL-UPS	
40 SYNC. WALL BALLS	40 SYNC. WALL BALLS	SCORE ZEIT ODER REPS
20 SYNC. BOX JUMPS 30"/24"	20 SYNC C2B PULL-UPS	
40 SYNC. WALL BALLS	40 SYNC. WALL BALLS	
20 SYNC. DOUBLE DB BOX STEP OVERS 22,5KG/15KG	10 SYNC. BAR MUSCLE UPS	

M-F	MALE 1			FEMALE 1		
	40 SYNC. WALL BALLS	20 SYNC. DB REVERSE LUNGES	40 SYNC. WALL BALLS	20 SYNC. BOX JUMPS	40 SYNC. WALL BALLS	20 SYNC. DB BOX STEP OVERS
	40	60	100	120	160	180

M-F	MALE 2			FEMALE 2		
	40 SYNC. WALL BALLS	30 SYNC. PULL-UPS	40 SYNC. WALL BALLS	20 SYNC. C2B PU	40 SYNC. WALL BALLS	10 SYNC. BAR MUSCLE UPS
	220	250	290	310	350	360

HOME BOX					ZEIT	
ATHLETENNUMMER					ODER	
JUDGE					REPS	
					NACH 24 MINUTEN	

HIERMIT BESTATIGE ICH DIE RICHTIGKEIT DER ANGABEN.

UNTERSCHRIFT ATHLET/ DATUM