



SCORECARD SPORT

NAME:

“SOMETHING NEW & SOMETHING HEAVY”

TIME CAP – 12' MIN

PART A) 3 RND

- 6x Back Squat from rack [60 kg / 37,5 kg]
- 3x Wall Walk
- 12x D-DB Shoulder to Overhead [2x 15kg / 2x 9kg]

PART B) 3 RND

- 6x Back Squat from rack [60 kg / 37,5 kg]
- 10x D-DB Shoulder to Overhead [2x 15kg / 2x 9kg]
- 2x Wall Walk

TIME:



SCORECARD ADVANCED

NAME:

"SOMETHING NEW & SOMETHING HEAVY"

TIME CAP – 10' MIN

PART A) 3 RND

- 5x Back Squat from rack [105 kg / 70 kg]
- 2x8m Handstand Walk [4m UB]

PART B) 3 RND

- 5x Back Squat from rack [105 kg / 70 kg]
- 4x Wall Walk

TIME:



SCORECARD MASTERS

NAME:

"SOMETHING NEW & SOMETHING HEAVY"

TIME CAP – 10' MIN

PART A) 3 RND

- 5x Back Squat from rack [105 kg / 70 kg]
- 4x Wall Walk

PART B) 3 RND

- 5x Back Squat from rack [105 kg / 70 kg]
- 2x8m Handstand Walk [4m UB]

TIME:



SCORECARD ELITE

NAME:

“SOMETHING NEW & SOMETHING HEAVY”

TIME CAP – 10' MIN

PART A) 3 RND

- 5x Back Squat from rack [122,5 kg / 82,5 kg]
- 4x Wall Walk

PART B) 3 RND

- 5x Back Squat from rack [122,5 kg / 82,5 kg]
- 2×8m Handstand Walk [8m UB]

TIME:



SCORECARD MIX SPORT

NAME:

"HANG & BANG"

FOR TIME

- 20x Clean & Jerk [40 kg / 27,5 kg]
- 40x Toes to Bar
- 20x Clean & Jerk [40 kg / 27,5 kg]
- 40x Toes to Bar

TIME:



SCORECARD MIX ADVANCED

NAME:

“HANG & BANG”

FOR TIME

- 20x Clean & Jerk [60 kg / 40 kg]
- 60x Toes to Bar
- 20x Clean & Jerk [60 kg / 40 kg]
- 60x Toes to Bar

TIME: