



SCORECARD

ELITE / MASTERS

SPORT / ADVANCED

NAME:

“ENGINE & PULL”

AMRAP – 20’ MIN

- 5-10-15-... Calories Row
- 10x Shuttle Run [10x8m]
- 5-10-15-... Pull Ups

ROW	5	10	15	20	25	30	35	40	45	50
RUN	10	10	10	10	10	10	10	10	10	10
PULL	5	10	15	20	25	30	35	40	45	50

*20 *30 *40 *50 *60 *70 *80 *90 *100 *110

REPS:



SCORECARD TEAM SPORT

NAME:

“DOUBLE TROUBLE”

FOR TIME ATHLETE A + ATHLETE B

ATHLETE A	• 15x Thrusters [30 kg / 20 kg] • 15x Burpees over Rower • 15 cal Row
ATHLETE B	• 15x Thrusters [30 kg / 20 kg] • 15x Burpees over Rower • 15 cal Row

ATHLETE A	• 10x Thrusters [30 kg / 20 kg] • 10x Burpees over Rower • 10 cal Row
ATHLETE B	• 10x Thrusters [30 kg / 20 kg] • 10x Burpees over Rower • 10 cal Row

TIME:



SCORECARD TEAM ADVANCED

NAME:

“DOUBLE TROUBLE”

FOR TIME ATHLETE A + ATHLETE B

ATHLETE A	• 20x Thrusters [40 kg / 27,5 kg] • 20x Burpees over Rower • 20 cal Row
ATHLETE B	• 20x Thrusters [40 kg / 27,5 kg] • 20x Burpees over Rower • 20 cal Row

ATHLETE A	• 10x Thrusters [40 kg / 27,5 kg] • 10x Burpees over Rower • 10 cal Row
ATHLETE B	• 10x Thrusters [40 kg / 27,5 kg] • 10x Burpees over Rower • 10 cal Row

TIME: