

# ELFIT Online Qualifier 18.3 Score Sheet

Deadline Sunday, September 16th, 2018 at 19:59 GMT



Athlete Name:.....

Division: M16+  M35+  F16+  F35+

Training Facility: .....

Time Cap: 20 mins

**Complete 10 rounds:**

- o 15/10 Calories Row
- o 10 Chest to Bar Pull Ups
- o 5 Overhead Squats 60/40 KGs (135/90 lbs)

**Remaining time AMRAP**

- o 15/10 Calories Row
- o 10 Overhead Squats 45/35KGs (100/75 lbs)
- o 5 Bar Muscle-ups

| Motion         | Round One | Round Two   | Round Three | Round Four | Round Five |
|----------------|-----------|-------------|-------------|------------|------------|
| 15/10 Cal. Row |           |             |             |            |            |
| 10 C2B         |           |             |             |            |            |
| 5 OHS          |           |             |             |            |            |
| Motion         | Round Six | Round Seven | Round Eight | Round Nine | Round Ten  |
| 15/10 Cal. Row |           |             |             |            |            |
| 10 C2B         |           |             |             |            |            |
| 5 OHS          |           |             |             |            |            |

**Remaining time AMRAP**

| Motion          | Round One | Round Two | Round Three | Round Four | Round Five |
|-----------------|-----------|-----------|-------------|------------|------------|
| 15/10 Cal. row  |           |           |             |            |            |
| 10 OHS          |           |           |             |            |            |
| 5 Bar Muscle UP |           |           |             |            |            |

**Rowing:**

The athlete may begin the workout seated on the rower but may not grab the handle until the call of "go". The monitor must be set to zero, before starting. The Judge may set the monitor to zero.

**Chest to bar Pull-Ups:**

The rep starts with the athlete hanging in full extension from the pull up bar and ending with the athlete's chest clearly making contact with the bar below the collar bone. Strict, gymnastic kip and butterfly kip are allowed.

**The Overhead Squat:**

For each overhead squat, the athlete must pass below parallel, with the hip crease clearly below the top of the knee and standing up to full extension of the knees and hip. The first repetition may be performed as a squat snatch.

**Bar Muscle-ups:**

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise over the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with shoulders over or in front of the bar.

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**NEED HELP? –**  
[SUPPORT@COMPETITIONCORNER.NET](mailto:SUPPORT@COMPETITIONCORNER.NET)

Judge Name:

Judge Signature: