

ELFIT Throwdown Bahrain 2019

Online Qualifier 19.1 Score Sheet

Deadline Sunday, September 20th, 2019 at 19:59 GMT



Athlete Name:.....

Division: M15+ F15+

Training Facility:.....

Time Cap: 14 mins AMRAP

- **Med Ball Weight:** 20/14 lbs
- **Target Height:** 10/9 ft
- **Concept 2 Rower**
- **Box Height:** 60/50 cm (24"/20")

Motion	Round One	Round Two	Round Three	Round Four	Round Five	Round Six	Round Seven
60 Wall ball							
40 Cal. Row							
20 Burpee Box Jump Over							

Total Reps	
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Judge Name:

.....

Judge Signature:

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SUBMIT SCORES AT WWW.COMPETITIONCORNER.NET

NEED HELP? – SUPPORT@COMPETITIONCORNER.NET

Wall Balls:

For every Wall Ball, the athlete must pass below parallel, with the hip crease clearly below the top of the knee. The athlete may start with a squat clean of the med ball. The center of the ball must hit the target at or above the specified target height. Bouncing the med ball on the floor into the next repetition is not permitted.

Calorie Rows:

The monitor must be set to zero, before starting. The Judge may set the monitor to zero.

Burpee Box Jump Over:

Burpees are done facing perpendicular to the box (box facing burpees) Any style of burpee is allowed but athletes must use a two foot take-off and landing when getting on top of the box. Athletes may step down from the box.