



Presented By:



EQ 20.1 SCORE CARD (All Divisions)

THURSDAY, JAN 16th THROUGH MONDAY, JAN 27 20:00th GMT

10 DB Snatches	10	15 Burpees BJO	25
20 DB Snatches	45	15 Burpees BJO	60
30 DB Snatches	90	15 Burpees BJO	105
40 DB Snatches	145	15 Burpees BJO	160
Remaining time			
15 Cal. Row	175	30 Wall-Balls	205
15 Cal. Row	220	30 Wall-Balls	250
15 Cal. Row	265	30 Wall-Balls	295
15 Cal. Row	310	30 Wall-Balls	340
15 Cal. Row	355	30 Wall-Balls	385
15 Cal. Row	400	30 Wall-Balls	430

16 mins AMRAP of:

- 10 DB Snatch
- 15 Burpee BJO
- 20 DB Snatch
- 15 Burpee BJO
- 30 DB Snatch
- 15 Burpee BJO
- 40 DB Snatch
- 15 Burpee BJO

In remaining time AMRAP of:

- 15 Calorie row
- 30 Wall Balls

VARIATIONS:

Elite M&W – Elite Mixed Teams – Males Teams

- Juniors U21 - Masters 35+ 40+ 45+:

- Men use 50-lb. dumbbell (22.5kg)
- Women use 35-lb. dumbbell (15kg)

Scaled – Scaled Mixed Teams – U18:

- Men use 35-lb. dumbbell (15kg)
- Women use 25-lb. dumbbell (12kg min.)

All Divisions:

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

TOTAL REPS:

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Judge Name:

Judge Signature:

Athlete Name:

Division:

Facility Name:

Athlete Signature:

Organized by:



Technical Partner:



Equipment Partner:

