



# EQ21.1 SCORECARD

## (ALL DEVISIONS)

THURSDAY, Sept.9, THROUGH 20:00 GMT, MONDAY, Sept. 20

### WORKOUT EQ21.1

**Time Cap: 16 mins AMRAP**

- 10 DB snatch
- 15 Burpees BJO
- 20 DB snatch
- 15 Burpees BJO
- 30 DB snatch
- 15 Burpees BJO
- 40 DB snatch
- 15 burpees BJO

**In remaining time AMRAP the following**

- 15 Calories row
- 30 Wall-Balls

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
<b>Remaining time</b>			
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
<b>TOTAL REPS:</b>			

**VARIATIONS:**

**Men/Women Elite - 35+ - 40+ - U22**  
**Males Teams:**  
 Men use 50-lb. dumbbell (22.5kg)  
 Women use 35-lb. dumbbell (15kg)

**Men/Women 45+ - U19 – Scaled**  
**Scaled Mixed Teams:**  
 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")

**Divisions**

Elite		Masters 35+		Masters 40+		Masters 45+	
M	W	M	W	M	W	M	W
Youth U19		Juniors U22		Scaled		Teams	
M	W	M	W	M	W	Males	Mixed
Team Name: (only for Team Athletes)							

Athlete Name:	Athlete Signature	Judge Name	Judge Signature

Organized by



Technical Partner



Main Partner

