



EQ21.3 SCORECARD (All Divisions)

Presented by:



(Men/Women Elite - 35+ - 40+ - 45+ - U22 - Males Teams)
(Men/Women Scaled - U19 - Scaled Mixed Teams)

SATURDAY, Sept.11, THROUGH 20:00 GMT, MONDAY, Sept. 20

WORKOUT EQ21.3

Time Cap: 8 mins

EQ21.3:

Complete the following for time

- 180 Double-Unders
- 45 Chest To Bar Pull-Up
- 45 Thrusters

Variations:

Scaled M/W, U19, Scaled Mixed Teams will perform Single Unders instead of DU and Chin Over Bar PullUps instead of Chest To Bar

Weights:

Elite M/W - 35+ - 40+ - 45+ - U22 - Males Teams:
Total Bar Weight: 42.5kg/30kgs

Scaled M/W - U19 - Scaled Mixed Teams:
Total Bar Weight: 35kg/25Kgs

Score of EQ21.3	
180 Double/Single Unders	180
45 Chest to Bar / Chin Over Bar	225
45 Thrusters	270
TOTAL SCORE (Time or Reps)	

Divisions

Elite		Masters 35+		Masters 40+		Masters 45+	
M	W	M	M	M	W	M	W

Juniors U22		Youth U19		Scaled		Teams	
M	W	M	W	M	W	Males	Mixed

Athlete Name	Athlete Signature	Judge Name	Judge Signature

Organized by:



Technical Partner:



Official Bag Supplier

