

ELITE/ MASTERS 35+

**AS MANY ROUND AS POSSIBLE
IN 20 MINUTES OF
10 x 15m Shuttle Run
10 Strict HSPU
20 TOES TO BAR**

Movement	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
10 X 15m SHUTTLE RUNS	10	50	90	130	170
10 STRCT HSPU	20	60	100	140	180
20 TOES TO BAR	40	80	120	160	200

Athlete name: _____

REPS _____

Test Location: _____

Judge: _____

I confirm the information above accurately represents the athlete's performance for this test. _____

Athlete Signature

INTERMEDIATE. U21. U19. M40+

AS MANY ROUND AS POSSIBLE

IN 20 MINUTES OF

10 x 15m Shuttle Run

10 Kipping HSPU

15 TOES TO BAR

Movement	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
10 X 15m SHUTTLE RUNS	10	45	80	115	150
10 Kipping HSPU	20	55	90	125	160
15 TOES TO BAR	35	70	105	140	175

Athlete name: _____

REPS _____

Test Location: _____

Judge: _____

I confirm the information above accurately represents the athlete's performance for this test. _____

Athlete Signature

SCALED. U17. SCALED M35+

**AS MANY ROUND AS POSSIBLE
IN 20 MINUTES OF**

**10 x 15m Shuttle Run
3 Wall Walks
20 Med Ball Sit ups (20/14lbs)**

Movement	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
10 X 15m SHUTTLE RUNS	10	43	76	109	142
3 WALL WALKS	13	46	79	112	145
20 MEDBALL SIT UPS	33	66	99	132	165

Athlete name: _____

REPS _____

Test Location: _____

Judge: _____

I confirm the information above accurately represents the athlete's performance for this test. _____

Athlete Signature

ROOKIES

**AS MANY ROUND AS POSSIBLE
IN 15 MINUTES OF**

**10 X 15m Shuttle Run
12 Hand Release Push-Ups
24 Butterfly Sit-Ups**

Movement	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
10 X 15m Shuttle Run	10	56	102	148	194
12 Hand Release Push-Ups	22	68	114	160	206
24 Butterfly Sit-Ups	46	92	138	184	230

Athlete name: _____

REPS _____

Test Location: _____

Judge: _____

I confirm the information above accurately represents the athlete's performance for this test. _____

Athlete Signature