

ELITE / M35+ SCORECARD

FOR TIME

**15 Box Jump-Overs
30 Wall Ball
45 Pull-Ups**

**15 Box Jump-Overs
30 Wall Ball
30 Chest To Bar Pull-Ups**

**15 Box Jump-Overs
30 Wall Ball
15 Bar Muscle-Ups**

TIME CAP: 14MINS

Box Height: 60/50 cm
Wall Ball Weight: 20/14 lbs

15 Box Jump-Overs	15
30 Wall Ball	45
45 Pull-Ups	90
15 Box Jump-Overs	105
30 Wall Ball	135
30 Chest To Bar Pull-Ups	165
15 Box Jump-Overs	180
30 Wall Ball	210
15 Bar Muscle-Ups	225
TOTAL REPS	

Athlete name: _____

Test Location: _____

Judge: _____

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

Athlete Signature

Technical Partner



Event organized by



INTERMEDIATE . U19 .U21

FOR TIME

**15 Box Jump-Overs
30 Wall Ball
30 Pull-Ups**

**15 Box Jump-Overs
30 Wall Ball
20 Chest To Bar PULL-UPS**

**15 Box Jump-Overs
30 Wall Ball
10 Chest To Bar PULL-UPS**

TIME CAP: 14MINS

Box Height: 60/50 cm
Wall Ball Weight: 20/14 lbs

15 Box Jump-Overs	15
30 Wall Ball	45
30 Pull-Ups	90
15 Box Jump-Overs	105
30 Wall Ball	135
20 Chest To Bar PULL-UPS	165
15 Box Jump-Overs	180
30 Wall Ball	210
10 Chest To Bar PULL-UPS	225
TOTAL REPS	

Athlete name: _____

Test Location: _____

Judge: _____

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

Athlete Signature

Technical Partner



Event organized by



SCALED . U17 . SCALED M35+

FOR TIME

**15 Box Jump-Overs
30 Wall Ball
20 Jumping Pull Ups**

**15 Box Jump-Overs
30 Wall Ball
15 Jumping C2B Pull Ups**

**15 Box Jump-Overs
30 Wall Ball
10 Pull-Ups**

TIME CAP: 14MINS

Box Height: 60/50 cm
Wall Ball Weight: 14/10 lbs

15 Box Jump-Overs	15
30 Wall Ball	45
20 Jumping Pull Ups	65
15 Box Jump-Overs	80
30 Wall Ball	110
15 Jumping Chest To Bar Pull Ups	125
15 Box Jump-Overs	140
30 Wall Ball	170
10 Pull-Ups	180
TOTAL REPS	

Athlete name: _____

Test Location: _____

Judge: _____

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

Athlete Signature

Technical Partner



Event organized by



ROOKIES

FOR TIME

**15 Box Step Over
30 Air Squats
20 Ring Rows**

**15 Box Step Over
30 Air Squats
15 Ring Rows**

**15 Box Step Over
30 Air Squats
10 Ring Rows**

TIME CAP: 14MINS

Box Height: 50/40 cm

15 Box Step Over	15
30 Air Squats	45
20 Ring Rows	65
15 Box Step Over	80
30 Air Squats	110
15 Ring Rows	125
15 Box Step Over	140
30 Air Squats	170
10 Ring Rows	180
TOTAL REPS	

Athlete name: _____

Test Location: _____

Judge: _____

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

Athlete Signature

Technical Partner



Event organized by

