



SCORECARD SPORT

NAME:

"IRON WILL"											
25 ROUNDS FOR TIME – 20' TIME CAP											
• 5x Wall Balls [9kg / 6kg] • 3x Deadlift [50 kg / 35 kg] • 2x Power Clean [50 kg / 35 kg] • 1x Shoulder to Overhead [50 kg / 35 kg]											

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.
5	5	5	5	5	5	5	5	5	5	5	5
3	3	3	3	3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1	1	1	1	1
*11	*22	*33	*44	*55	*66	*77	*88	*99	*110	*121	*132

13.	14.	15.	16.	17.	18.	19.	20.	21.	22.	23.	24.	25.
5	5	5	5	5	5	5	5	5	5	5	5	5
3	3	3	3	3	3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1	1	1	1	1	1
*143	*154	*165	*176	*187	*198	*209	*220	*231	*242	*253	*264	*275

TIME/SCORE:



SCORECARD

ADVANCED/MASTERS 35+

NAME:

"IRON WILL"											
25 ROUNDS FOR TIME – 20' TIME CAP											
• 5x Wall Balls [9kg / 6kg] • 3x Handstand Push-Ups • 1x Power Clean [70 kg / 45 kg]											

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.
5	5	5	5	5	5	5	5	5	5	5	5
3	3	3	3	3	3	3	3	3	3	3	3
1	1	1	1	1	1	1	1	1	1	1	1
*9	*18	*27	*36	*45	*54	*63	*72	*81	*90	*99	*108

13.	14.	15.	16.	17.	18.	19.	20.	21.	22.	23.	24.	25.
5	5	5	5	5	5	5	5	5	5	5	5	5
3	3	3	3	3	3	3	3	3	3	3	3	3
1	1	1	1	1	1	1	1	1	1	1	1	1
*117	*126	*135	*144	*153	*162	*171	*180	*189	*198	*207	*216	*225

TIME/SCORE:



SCORECARD ELITE

NAME:

"IRON WILL" 25 ROUNDS FOR TIME – 20' TIME CAP											
• 5x Wall Balls [9kg / 6kg] • 3x Strict Handstand Push-Ups • 1x Power Clean [90 kg / 60 kg]											

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.
5	5	5	5	5	5	5	5	5	5	5	5
3	3	3	3	3	3	3	3	3	3	3	3
1	1	1	1	1	1	1	1	1	1	1	1
*9	*18	*27	*36	*45	*54	*63	*72	*81	*90	*99	*108

13.	14.	15.	16.	17.	18.	19.	20.	21.	22.	23.	24.	25.
5	5	5	5	5	5	5	5	5	5	5	5	5
3	3	3	3	3	3	3	3	3	3	3	3	3
1	1	1	1	1	1	1	1	1	1	1	1	1
*117	*126	*135	*144	*153	*162	*171	*180	*189	*198	*207	*216	*225

TIME/SCORE:



SCORECARD

MIX SPORT

NAME:

“SYNCHRO GRIND”

NO TIME CAP

- 10x Burpee Box Jump Overs [60 cm / 50cm]
- 10x DB Hang Snatch [22,5 kg / 15 kg]
- 10x DB Hang Clean and Jerk [22,5 kg / 15 kg]

- 15x Burpee Box Jump Overs [60 cm / 50cm]
- 20x DB Hang Snatch [22,5 kg / 15 kg]
- 20x DB Hang Clean and Jerk [22,5 kg / 15 kg]

- 20x Burpee Box Jump Overs [60 cm / 50cm]
- 30x DB Hang Snatch [22,5 kg / 15 kg]
- 30x DB Hang Clean and Jerk [22,5 kg / 15 kg]

TIME:



SCORECARD MIX ADVANCED

NAME:

“SYNCHRO GRIND” NO TIME CAP

- 10x Burpee Box Jump Overs [60 cm / 50cm]
- 10x Alternating DB Snatch [22,5 kg / 15 kg]
- 10x Alternating DB Hang Clean and Jerk [22,5 kg / 15 kg]

- 20x Burpee Box Jump Overs [60 cm / 50cm]
- 20x Alternating DB Snatch [22,5 kg / 15 kg]
- 20x Alternating DB Hang Clean and Jerk [22,5 kg / 15 kg]

- 30x Burpee Box Jump Overs [60 cm / 50cm]
- 30x Alternating DB Snatch [22,5 kg / 15 kg]
- 30x Alternating DB Hang Clean and Jerk [22,5 kg / 15 kg]

TIME: