



SCORECARD SPORT

NAME:

"DIVIDER"

12'AMRAP

- 40/30 cal Row
- 30x Burpee over Row
- 20x / 15x Pull Ups
- 10x STOH [40 kg / 27,5 kg]
- 10x / 5x Chest to Bar

40/30	40/30	40/30	40/30
30	30	30	30
20/15	20/15	20/15	20/15
10	10	10	10
10/5	10/5	10/5	10/5

♂ 110 / 90 ♀

♂ 220 / 180 ♀

♂ 330 / 270 ♀

♂ 440 / 360 ♀

SCORE:



SCORECARD

ADVANCED / MASTERS 35+

NAME:

"DIVIDER"

12'AMRAP

- 50/40 cal Row
- 40x Pull Ups
- 30x Burpee over Row
- 20x STOH [50 kg / 35 kg]
- 10x Bar Muscle Up

50/40	50/40	50/40	50/40
40	40	40	40
30	30	30	30
20	20	20	20
10	10	10	10

♂ 150 / 140 ♀

♂ 300 / 280 ♀

♂ 450 / 420 ♀

♂ 600 / 560 ♀

SCORE:



SCORECARD ELITE

NAME:

"DIVIDER"

12'AMRAP

- 50/40 cal Row
- 40x Pull Ups
- 30x Burpee over Row
- 20x STOH [60 kg / 40 kg]
- 10x Ring Muscle Up

50/40	50/40	50/40	50/40
40	40	40	40
30	30	30	30
20	20	20	20
10	10	10	10

♂ 150 / 140 ♀

♂ 300 / 280 ♀

♂ 450 / 420 ♀

♂ 600 / 560 ♀

SCORE:



SCORECARD TEAM SPORT

NAME:

“DIVIDER”

A) 10'AMRAP

- 8x synchro shuttle run [7,5m = 60m]
- **Athlete A:** 8x Power Snatch [40kg / 27,5kg]
- 8x synchro shuttle run [7,5m = 60m]
- **Athlete B:** 8x Power Clean [50kg / 35kg]

8	8	8	8	8	8	8	8	8	8	8	8
8	8	8	8	8	8	8	8	8	8	8	8
8	8	8	8	8	8	8	8	8	8	8	8
8	8	8	8	8	8	8	8	8	8	8	8

3'REST

B) 10'AMRAP

- 8x synchro shuttle run [7,5m = 60m]
- **Athlete B:** 10x Overhead Squat [40kg / 27,5kg]
- 8x synchro shuttle run [7,5m = 60m]
- **Athlete A:** 10x Deadlift [50kg / 35kg]

8	8	8	8	8	8	8	8	8	8	8	8
10	10	10	10	10	10	10	10	10	10	10	10
8	8	8	8	8	8	8	8	8	8	8	8
10	10	10	10	10	10	10	10	10	10	10	10

SCORE TOTAL:



SCORECARD TEAM ADVANCED

NAME:

“DIVIDER”

10'AMRAP

- 10x synchro shuttle run [7,5m = 75m]
- **Athlete A:** 10x Power Snatch [50kg / 35kg]
- 10x synchro shuttle run [7,5m = 75m]
- **Athlete B:** 10x Power Clean [60kg / 40kg]

10	10	10	10	10	10	10	10	10	10	10	10
10	10	10	10	10	10	10	10	10	10	10	10
10	10	10	10	10	10	10	10	10	10	10	10
10	10	10	10	10	10	10	10	10	10	10	10

3'REST

10'AMRAP

- 10x synchro shuttle run [7,5m = 75m]
- **Athlete B:** 15x Overhead Squat [50kg / 35kg]
- 10x synchro shuttle run [7,5m = 75m]
- **Athlete A:** 15x Deadlift [60kg / 40kg]

10	10	10	10	10	10	10	10	10	10	10	10
15	15	15	15	15	15	15	15	15	15	15	15
10	10	10	10	10	10	10	10	10	10	10	10
15	15	15	15	15	15	15	15	15	15	15	15

SCORE TOTAL: