



SCORECARD SPORT

NAME:

“ROW & RAGE”

FOR TIME

- 20/15 cal Row
- 30x Thrusters [40 kg / 27,5 kg]
- 20/15 cal Row

TIME:



SCORECARD ADVANCED

NAME:

"ROW & RAGE"

FOR TIME

- 25/20 cal Row
- 30x Thrusters [50 kg / 32,5 kg]
- 25/20 cal Row

TIME:



SCORECARD ELITE / MASTERS

NAME:

"ROW & RAGE"

FOR TIME

- 30/25 cal Row
- 30x Thrusters [60 kg / 37,5 kg]
- 30/25 cal Row

TIME:



SCORECARD TEAM SPORT

NAME:

“THE DEVIL’S WALK”

9' AMRAP

- Synchro single arm devil press [15 kg / 9 kg]
- Single arm DB Suitcase Hold Walking Lunges (both athletes) [15 kg / 9 kg]

DP	3	6	9	12	15	18	21	24	27	30
LUNGES	6	12	18	24	30	36	42	48	54	60
	*9	*27	*54	*90	*135	*189	*252	*324	*405	*495

SCORE:



SCORECARD TEAM ADVANCED

NAME:

“THE DEVIL’S WALK”

9’ AMRAP

- Synchro single arm devil press [22,5kg/15 kg]
- Single arm DB Overhead Hold Walking Lunges (both athletes) [22,5kg/15 kg]

DP	3	6	9	12	15	18	21	24	27	30
LUNGES	6	12	18	24	30	36	42	48	54	60
	*9	*27	*54	*90	*135	*189	*252	*324	*405	*495