



SCORECARD INDIVIDUALS

NAME:

FOR TIME:

- 24x Bench Press
- 8 x 8 m Dual DB Farmer Carry
- 24 x 8 m Shuttle Run

- 18x Bench Press
- 16 x 8 m Dual DB Farmer Carry
- 18 x 8 m Shuttle Run

- 12x Bench Press
- 24 x 8 m Dual DB Farmer Carry
- 12 x 8 m Shuttle Run

ELITE	BP: 70/42,5 kg	DB: 2x22,5/15 kg
ADVANCED	BP: 60/35 kg	DB: 2x22,5/15 kg
SPORT	BP: 45/25 kg	DB: 2x15/9 kg

TIME:



SCORECARD TEAMS

NAME:

FOR TIME:

- 24x Bench Press
- 8 x 8 m Dual DB Farmer Carry
- 24 x 8 m Shuttle Run

- 18x Bench Press
- 16 x 8 m Dual DB Farmer Carry
- 18 x 8 m Shuttle Run

- 12x Bench Press
- 24 x 8 m Dual DB Farmer Carry
- 12 x 8 m Shuttle Run

ADVANCED TEAM	BP: 60/35 kg	DB: 2x22,5/15 kg
SPORT TEAM	BP: 45/25 kg	DB: 2x15/9 kg

TIME: