



SCORECARD ELITE

NAME:

PART A 1.-5. MIN	MAX unbroken dead hang with MB between legs [9/6kg]
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PART B 6.-10. MIN	MAX unbroken meters "shuttle" handstand walk 8m [2m segments]
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PART C 11.-15. MIN	MAX unbroken doubleunder crossover
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TIME A):

TIME B):

TIME C):



SCORECARD SPORT

NAME:

PART A 1.-5. MIN	MAX unbroken dead hang
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PART B 6.-8. MIN	MAX wall walks
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PART C 9.-13. MIN	Crossovers for time: 35 - 75 - 35 - 75 - 35 - 75
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TIME A):

TIME B):

TIME C):



SCORECARD ADVANCED/MASTERS

NAME:

PART A 1.-5. MIN	MAX unbroken dead hang with MB between legs [9/6kg]
PART B 6.-10. MIN	MAX meters handstand walk 8m [UB 2m]
PART C 11.-15. MIN	Unbroken double unders for time: 35 – 35 – 35 – 35 – 35 – 35

TIME A):

TIME B):

TIME C):



SCORECARD TEAM SPORT

NAME:

PART A 1.-5. MIN	MAX hang [Athlet ❶ / Athlet ❷]
PART B 6.-12. MIN	10 RND – 30x crossovers [Alternating – 5 RND Athlet ❶ / 5 RND Athlet ❷]
PART C 13.-17. MIN	MAX wall walk [alternating reps]

TIME A): ATHLET ❶:

ATHLET ❷:

TIME B):

TIME C):



SCORECARD

TEAM ADVANCED

NAME:

PART A 1.-5. MIN	MAX hang [Athlet ❶ / Athlet ❷]
PART B 6.-12. MIN	10 RND – 30x unbroken double unders [Alternating - 5 RND Athlet ❶ / 5 RND Athlet ❷]
PART C 13.-17. MIN	MAX handstand walk 8m [UB 2m]

TIME A): ATHLET ❶:

ATHLET ❷:

TIME B):

TIME C):