



SCORECARD ELITE

NAME:

FRONT & UP

TC – 15' MIN

3-6-9-12

- Front Squats [82,5/ 55 kg]
- Ring Muscle Ups

FSQ	3	6	9	12
RMU	3	6	9	12

TIME:



SCORECARD ADVANCED/MASTERS

NAME:

FRONT & UP

TC – 15' MIN

3-6-9-12

- Front Squats [60 / 40 kg]
- Bar Muscle Ups

FSQ	3	6	9	12
BMU	3	6	9	12

TIME:



SCORECARD SPORT

NAME:

FRONT & UP

TC – 15' MIN

3–6–9–12

- Front Squats [50 / 35 kg]
- Bar Complex [UB 1x T2B + 1x Pull Up]

FSQ	3	6	9	12
BCX	3	6	9	12

TIME:



SCORECARD TEAM ADVANCED

NAME:

FRONT & UP

TC – 16' MIN

2 RND – I GO / YOU GO

- 9x Front Squats [60 / 40 kg]
- 9x/6x Bar Muscle Ups

2 RND – I GO / YOU GO

- 12x Front Squats [60 / 40 kg]
- 12x/9x Bar Muscle Ups

2 RND – I GO / YOU GO

- 15x Front Squats [60 / 40 kg]
- 15x/12x Bar Muscle Ups

TIME:



SCORECARD TEAM SPORT

NAME:

FRONT & UP

TC – 22' MIN

2 RND – I GO / YOU GO

- 9x Front Squats [50 / 35 kg]
- 9x Bar Complex [UB 1x T2B + 1x Pull Up]

2 RND – I GO / YOU GO

- 12x Front Squats [50 / 35 kg]
- 12x Bar Complex [UB 1x T2B + 1x Pull Up]

2 RND – I GO / YOU GO

- 15x Front Squats [50 / 35 kg]
- 15x Bar Complex [UB 1x T2B + 1x Pull Up]