



SCORECARD

AFFILIATES BATTLE 2021

WOD QUALIF AB 2021.

SET THE TIMER ON
A GOING UP CLOCK OF 26'.

1ERE PARTIE

0' - 10'.

Max distance Row. For Meters.

* YOU MUST SET YOUR ROWER
ON A 10' CLOCK.

At the start of each minute, you must do :

MIN A : 4 BURPEES OVER ROW.

MIN B : 8 TOES TO BAR

2EME PARTIE

10' - 18'.

FOR WEIGHT.

FIND YOUR RM SNATCH.

3EME PARTIE

18' - 26'.

AMRAP 8'. FOR REPS.

- 9 BOX JUMP OVER @60/50 CM

- 6 CLEAN @60/40 KG or @50/35 KG

- 3 MUSCLE UP BAR or CHEST TO BAR

DEADLINE : 2nd of July, by midnight.
ONLY the Captain of the TEAM can enter scores.
For more detailed informations, please log in on Comp. Corner.

FOR METERS.

RESULT :

FOR WEIGHT.

RESULT :

1 Round = 18 Reps | Number of Rounds : ___ + ___ Reps

FOR REPS.

RESULT :

ATHLETE NAME :

DIVISION :

ATH. SIGNATURE

AFFILIATE NAME :

JUDGE NAME :



**Iron
Jail**



ONRUSHERS

ELEIKO



**PRISON
ISLAND**