



FINAL - SCORECARD

Japan Championship 2022

SATURDAY, OCTOBER 8, THROUGH SUNDAY, OCTOBER 9

EVENT 3 - COMPETITOR -

EVENT 3

For Time

21-15-9

Dumbbell Thruster

9-6-3

Burpee Bar MU

Time cap 8min

Score is Time OR Reps

WORKOUT VARIATIONS

Man 50lb / Woman 35lb Dumbbell Thruster

21 DB Thruster	/ 21
9 Burpee bar MU	/ 30
15 DB Thruster	/ 45
6 Burpee bar MU	/ 51
9 DB Thruster	/ 60
3 Burpee bar MU	/ 63

Time OR Reps at 8 Minutes _____

EVENT3 SCORE - COMPETITOR -

ATHLETE NAME _____

Time OR Reps at 8 Minutes _____

JUDGE NAME _____

上記のスコアが正確であることを確認しました。

選手サイン _____

日付 _____



FINAL - SCORECARD

Japan Championship 2022

SATURDAY, OCTOBER 8, THROUGH SUNDAY, OCTOBER 9

EVENT 3 - FITNESS -

EVENT 3

For Time

15-12-9

Dumbbell Thruster

Pull ups

Time cap 6min

Score is Time OR Reps

WORKOUT VARIATIONS

Man 35lb / Woman 20lb Dumbbell Thruster

15 DB Thruster	/ 15
15 Pull ups	/ 30
12 DB Thruster	/ 42
12 Pull ups	/ 54
9 DB Thruster	/ 63
9 Pull ups	/ 72

Time OR Reps at 8 Minutes _____

EVENT3 SCORE - FITNESS -

ATHLETE NAME _____

Time OR Reps at 6 Minutes _____

JUDGE NAME _____

上記のスコアが正確であることを確認しました。 選手サイン _____ 日付 _____