



# SCORECARD

Japan Championship 2022 [ONLINE QUALIFIER]  
12:00 SATURDAY, JULY 2, THROUGH 12:00 MONDAY, JULY 25

## EVENT 3 - COMPETITOR -

### EVENT 3

For time

40/50 Cal Row

40/50 Pull Ups

100 Double Unders

— TIEBREAK1

20/30 Cal Row

20/30 Chest To Bars

60 Double Unders

— TIEBREAK2

10 Cal Row

10 Bar Muscle Ups

20 Double Unders

Time cap 12min

Score is Time OR Reps

(Tiebreak Time) OR Reps (Tiebreak Time)

Time (時間内に終了した場合)

Reps (時間内に終わらなかった場合)

40/50 Cal Row	40/50	
40/50 Pull Ups	80/100	
100 Double Unders	180/200	
TIEBREAK1		
20/30 Cal Row	200/230	Time
20/30 Chest To Bars	220/260	
60 Double Unders	280/320	
TIEBREAK2		
10 Cal Row	290/330	Time
10 Bar Muscle Ups	300/340	
20 Double Unders	320/360	

Tiebreak1 Time \_\_\_\_\_

Tiebreak2 Time \_\_\_\_\_

Time OR Reps at 12 Minutes \_\_\_\_\_

### EVENT3 - COMPETITOR -

ATHLETE NAME \_\_\_\_\_

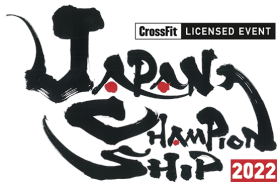
JUDGE NAME \_\_\_\_\_

Tiebreak1 Time \_\_\_\_\_

Tiebreak2 Time \_\_\_\_\_

Time OR Reps at 12 Minutes \_\_\_\_\_

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 \_\_\_\_\_



# SCORECARD

Japan Championship 2022 [ONLINE QUALIFIER]  
12:00 SATURDAY, JULY 2, THROUGH 12:00 MONDAY, JULY 25

## EVENT 3 - FITNESS -

### EVENT 3

For time

40 Air Squats

40 Lunges

40 Burpees

— TIEBREAK1

30 Single DB Goblet Squats

30 Single DB Goblet Lunges

30 Burpees

— TIEBREAK2

20 DB Thrusters

20 Double DB Lunges

20 Burpees

Time cap 12min

Score is Time OR Reps

(Tiebreak Time) OR Reps (Tiebreak Time)

Time (時間内に終了した場合)

Reps (時間内に終わらなかった場合)

### WORKOUT VARIATIONS

Woman 9 / Man 15kg Dumbbells(DB)

40 Air Squats	40	
40 Lunges	80	
40 Burpees	120	
TIEBREAK1		
30 Single DB Goblet Squats	150	TIME
30 Single DB Goblet Lunges	180	
30 Burpees	210	
TIEBREAK2		
20 DB Thrusters	230	TIME
20 Double DB Lunges	250	
20 Burpees	270	

Tiebreak1 Time \_\_\_\_\_

Tiebreak2 Time \_\_\_\_\_

Time OR Reps at 12 Minutes \_\_\_\_\_

### EVENT3 - FITNESS -

ATHLETE NAME \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

Tiebreak1 Time \_\_\_\_\_

Tiebreak2 Time \_\_\_\_\_

Time OR Reps at 12 Minutes \_\_\_\_\_

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 \_\_\_\_\_