



# FINAL - SCORECARD

Japan Championship 2023 [FINAL]

SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

## EVENT 3 COMPETITOR - Elite

### EVENT 3

1 ~ 4 rounds

5 ~ 8 rounds

7 min AMRAP

32 Double under

16m Dumbbell 1arm  
overhead walking lunge

16m Handstand walk

\* each Lunge / HSW  
in 4m segments.  
(2m=1rep)

Time cap 7min

Score is Reps

### WORKOUT VARIATIONS

Men 70lbs / Women 50lbs

Dumbbell

32 Double under					32					224
16m DB OH walking lunge	33	34	35	36	225	226	227	228		
	37	38	39	40	229	230	231	232		
16m Handstand walk	41	42	43	44	233	234	235	236		
	45	46	47	48	237	238	239	240		
32 Double under					80					272
16m DB OH walking lunge	81	82	83	84	273	274	275	276		
	85	86	87	88	277	278	279	280		
16m Handstand walk	89	90	91	92	281	282	283	284		
	93	94	95	96	285	286	287	288		
32 Double under					128					320
16m DB OH walking lunge	129	130	131	132	321	322	323	324		
	133	134	135	136	325	326	327	328		
16m Handstand walk	137	138	139	140	329	330	331	332		
	141	142	143	144	333	334	335	336		
32 Double under					176					368
16m DB OH walking lunge	177	178	179	180	369	370	371	372		
	181	182	183	184	373	374	375	376		
16m Handstand walk	185	186	187	188	377	378	379	380		
	189	190	191	192	381	382	383	384		

Total Reps \_\_\_\_\_

EVENT1 COMPETITOR - Elite

HEAT No. \_\_\_\_\_ LANE No. \_\_\_\_\_

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

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

Total Reps \_\_\_\_\_

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 \_\_\_\_\_

SPONSORED BY





# FINAL - SCORECARD

Japan Championship 2023 [FINAL]

SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

## EVENT 3 COMPETITOR - Rx'd

### EVENT 3

1 ~ 4 rounds

5 ~ 8 rounds

7 min AMRAP

32 Double under

16m Dumbbell 1arm  
overhead walking lunge

16m Handstand walk

\* each Lunge / HSW  
in 4m segments.  
(2m=1rep)

Time cap 7min

Score is Reps

### WORKOUT VARIATIONS

Men 50lbs / Women 35lbs

Dumbbell

32 Double under					32					224
16m DB OH walking lunge	33	34	35	36	225	226	227	228		
	37	38	39	40	229	230	231	232		
16m Handstand walk	41	42	43	44	233	234	235	236		
	45	46	47	48	237	238	239	240		
32 Double under					80					272
16m DB OH walking lunge	81	82	83	84	273	274	275	276		
	85	86	87	88	277	278	279	280		
16m Handstand walk	89	90	91	92	281	282	283	284		
	93	94	95	96	285	286	287	288		
32 Double under					128					320
16m DB OH walking lunge	129	130	131	132	321	322	323	324		
	133	134	135	136	325	326	327	328		
16m Handstand walk	137	138	139	140	329	330	331	332		
	141	142	143	144	333	334	335	336		
32 Double under					176					368
16m DB OH walking lunge	177	178	179	180	369	370	371	372		
	181	182	183	184	373	374	375	376		
16m Handstand walk	185	186	187	188	377	378	379	380		
	189	190	191	192	381	382	383	384		

Total Reps \_\_\_\_\_

EVENT3 COMPETITOR - Rx'd

HEAT No. \_\_\_\_\_ LANE No. \_\_\_\_\_

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

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

Total Reps \_\_\_\_\_

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 \_\_\_\_\_

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# FINAL - SCORECARD

Japan Championship 2023 [FINAL]

SATURDAY, SEPTEMBER 16, THROUGH 15:00 SUNDAY, JULY 17

## EVENT 3 FITNESS

### EVENT 3

7 min AMRAP

32 Double under

16m Dumbbell 1arm  
overhead walking lunge

8 Dumbbell burpee

\* each Lunge in 4m  
segments. (2m=1rep)

Score is Reps

### WORKOUT VARIATIONS

Men 35lbs / Women 20lbs  
Dumbbell

1 ~ 4 rounds

5 ~ 8 rounds

32 Double under					32					224
16m DB OH walking lunge	33	34	35	36		225	226	227	228	
	37	38	39	40		229	230	231	232	
8 Dumbbell burpee					48					240
32 Double under					80					272
16m DB OH walking lunge	81	82	83	84		273	274	275	276	
	85	86	87	88		277	278	279	280	
8 Dumbbell burpee					96					288
32 Double under					128					320
16m DB OH walking lunge	129	130	131	132		321	322	323	324	
	133	134	135	136		325	326	327	328	
8 Dumbbell burpee					144					336
32 Double under					176					368
16m DB OH walking lunge	177	178	179	180		369	370	371	372	
	181	182	183	184		373	374	375	376	
8 Dumbbell burpee					192					384

Total Reps \_\_\_\_\_

### EVENT3 FITNESS

HEAT No. \_\_\_\_\_ LANE No. \_\_\_\_\_

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

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

Total Reps \_\_\_\_\_

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 \_\_\_\_\_

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