



SCORECARD

Japan Championship 2023 [ONLINE QUALIFIER]
SATURDAY, JULY 1, THROUGH 15:00 SUNDAY, JULY 9

EVENT 1 - COMPETITOR -

EVENT 1

10minute AMRAP
2-4-6-8-10-etc
DB box step overs
Alt DB Ground to Overhead

35 Double unders
each round

Score is reps

WORKOUT VARIATIONS

Women 15 / Men 22.5kg
Dumbbell
Women 20 / Men 24
DB Box step overs

2 DB Box step overs	2	12 DB Box step overs	247
2 Alt DB Ground to overhead	4	12 Alt DB Ground to overhead	259
35 Double unders	39	35 Double unders	294
4 DB Box step overs	43	14 DB Box step overs	308
4 Alt DB Ground to overhead	47	14 Alt DB Ground to overhead	322
35 Double unders	82	35 Double unders	357
6 DB Box step overs	88	16 DB Box step overs	373
6 Alt DB Ground to overhead	94	16 Alt DB Ground to overhead	389
35 Double unders	129	35 Double unders	424
8 DB Box step overs	137	18 DB Box step overs	442
8 Alt DB Ground to overhead	145	18 Alt DB Ground to overhead	460
35 Double unders	180	35 Double unders	495
10 DB Box step overs	190	20 DB Box step overs	515
10 Alt DB Ground to overhead	200	20 Alt DB Ground to overhead	535
35 Double unders	235	35 Double unders	570

Total Reps _____

EVENT1 - COMPETITOR -

SCORE SUBMISSION DEADLINE : 2023/07/9.SUN 15:00

ATHLETE NAME _____

Total Reps _____

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 _____



SCORECARD

Japan Championship 2023 [ONLINE QUALIFIER]
SATURDAY, JULY 1, THROUGH 15:00 SUNDAY, JULY 9

EVENT 1 - FITNESS -

EVENT 1

10minute AMRAP

2-4-6-8-10-etc

DB Burpee

DB Single arm thruster

20 Broad jumps over a gap
each round

Score is reps

WORKOUT VARIATIONS

Women 9 / Men 15kg

Dumbbell

Women 50 / Men 75cm

Broad jumps over a gap

2 DB Burpee	2	12 DB Burpee	172
2 DB Single arm thruster	4	12 DB Single arm thruster	184
20 Broad jumps over a gap	24	20 Broad jumps over a gap	204
4 DB Burpee	28	14 DB Burpee	218
4 DB Single arm thruster	32	14 DB Single arm thruster	232
20 Broad jumps over a gap	52	20 Broad jumps over a gap	252
6 DB Burpee	58	16 DB Burpee	268
6 DB Single arm thruster	64	16 DB Single arm thruster	284
20 Broad jumps over a gap	84	20 Broad jumps over a gap	304
8 DB Burpee	92	18 DB Burpee	322
8 DB Single arm thruster	100	18 DB Single arm thruster	340
20 Broad jumps over a gap	120	20 Broad jumps over a gap	360
10 DB Burpee	130	20 DB Burpee	380
10 DB Single arm thruster	140	20 DB Single arm thruster	400
20 Broad jumps over a gap	160	20 Broad jumps over a gap	420

Total Reps _____



EVENT1 - FITNESS -

SCORE SUBMISSION DEADLINE : 2023/07/9.SUN 15:00

ATHLETE NAME _____

Total Reps _____

JUDGE NAME _____

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