



# FINAL - SCORECARD

Japan Championship 2024 [FINAL]  
SATURDAY, NOVEMBER 2, THROUGH SUNDAY, NOVEMBER 3

## EVENT 2 COMPETITOR - ELITE

### EVENT 2

For time of

32 Toes to bar

16m Handstand walk

16m Double dumbbell overhead walking lunge

1000 / 700m Bike-erg

16m Double dumbbell overhead walking lunge

16m Handstand walk

32 Toes to bar

Time Cap 10 min

### WORKOUT VARIATIONS

Handstand walk increment 4m

Men 50lbs / Women 35lbs

Dumbbell

32 Toes to bar					32
16m Handstand walk	36	40	44	48	
16m Double DB overhead walking lunge	52	56	60	64	
1000 / 700m Bike-erg					74 / 71
16m Double DB overhead walking lunge	78 / 75	82 / 79	86 / 83	90 / 87	
16m Handstand walk	94 / 91	98 / 95	102 / 99	106 / 103	
32 Toes to bar					138 / 135

Time OR Reps at 10 Minutes

## EVENT 1 COMPETITOR - Elite

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

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

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

Time OR 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 \_\_\_\_\_



# FINAL - SCORECARD

Japan Championship 2024 [FINAL]  
SATURDAY, NOVEMBER 2, THROUGH SUNDAY, NOVEMBER 3

## EVENT 2 COMPETITOR - Rx'd

### EVENT 2

For time of

24 Toes to bar

16m Handstand walk

16m Single dumbbell overhead walking lunge

1000 / 700m Bike-erg

16m Single dumbbell overhead walking lunge

16m Handstand walk

24 Toes to bar

Time Cap 10 min

### WORKOUT VARIATIONS

Handstand walk increment 2m

Men 50lbs / Women 35lbs

Dumbbell

24 Toes to bar					24
16m Handstand walk	26	28	30		32
	34	36	38		40
16m Single DB overhead walking lunge	42	44	46		48
	50	52	54		56
1000 / 700m Bike-erg					66 / 63
16m Single DB overhead walking lunge	68 / 65	70 / 67	72 / 69		74 / 71
	76 / 73	78 / 75	80 / 77		82 / 79
16m Handstand walk	84 / 81	86 / 83	88 / 85		90 / 87
	92 / 89	94 / 91	96 / 93		98 / 95
24 Toes to bar					122 / 119

Time OR Reps at 10 Minutes \_\_\_\_\_

## EVENT 2 COMPETITOR - Rx'd

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

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

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

Time OR 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 \_\_\_\_\_