



FINAL - SCORECARD

Japan Championship 2025 [FINAL]
SATURDAY, NOVEMBER 1, THROUGH SUNDAY, NOVEMBER 2

EXHIBITION

FITNESS

For time
Buy-in
20 Single DB Devil's press

2 rounds
10 Wall ball
10 Single DB Box Step Over

2 rounds
10 Wall ball
10 Box Jump Over

Cash-out
20 Single DB Clean & Jerk

Time Cap 10minutes
Score is Time or Reps

WORKOUT VARIATIONS

Men
50 lb Dumbbell
20 lb Med Ball
24 inch Box

Women
35 lb Dumbbell
14 lb Med Ball
20 inch Box

20 Single DB Devil's press	20
10 Wall ball	30
10 Single DB Box Step Over	40
10 Wall ball	50
10 Single DB Box Step Over	60
10 Wall ball	70
10 Box Jump Over	80
10 Wall ball	90
10 Box Jump Over	100
20 Single DB Clean & Jerk	120

Time OR Reps _____

EVENT1

FITNESS

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 _____