



SCORECARD

Japan Championship 2026 ONLINE QUALIFIER
EVENT 3 : MONDAY, JULY 6, THROUGH 15:00 SUNDAY, JULY 19

SUPPORTED BY



EVENT 3

COMPETITOR

Part A (0:00 – 6:00): Max Reps

0:00–2:00 Thrusters

2:00–4:00 Ground to Overhead

4:00–6:00 Burpee Broad Jump

Score is Reps

Part B (6:00 – 15:00)

Build to 3RM Back Squat / from Rack

Score is kg

WORKOUT VARIATIONS

Thruster / Ground to Overhead

Men 43kg (95lb)

Women 30kg (65lb)

Burpee Broad Jump

Distance 1m

※テープ幅5cm、横幅1m以上

Part A: 0:00 – 6:00

0:00–2:00 Thrusters	
2:00–4:00 Ground to Overhead	
4:00–6:00 Burpee Broad Jump	

Part B: 6:00 – 15:00

6:00 – 15:00 Build to 3RM Back Squat / from Rack	kg
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EVENT 3 SCORE SUBMISSION DEADLINE: 2026/07/19 SUN 15:00

ATHLETE NAME _____

Part A : Total Reps _____

JUDGE NAME _____

Part B : Weight _____ kg





SCORECARD

Japan Championship 2026 ONLINE QUALIFIER
EVENT 3 : MONDAY, JULY 6, THROUGH 15:00 SUNDAY, JULY 19

SUPPORTED BY



EVENT 3

FITNESS

Part A (0:00 – 6:00): Max Reps

0:00–2:00 Thrusters

2:00–4:00 Below the Knee Ground
to Overhead

4:00–6:00 Burpee Broad Jump

Score is Reps

Part B (6:00 – 15:00)

Build to 3RM Back Squat / from Rack

Score is kg

Part A: 0:00 – 6:00

0:00–2:00 Thrusters	
2:00–4:00 Ground to Overhead	
4:00–6:00 Burpee Broad Jump	

Part B: 6:00 – 15:00

6:00 – 15:00 Build to 3RM Back Squat / from Rack	kg
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WORKOUT VARIATIONS

Thruster

Below the Knee Ground to Overhead

Men 30kg (65lb)

Women 20kg (45lb)

Burpee Broad Jump

Distance 70cm

※テープ幅5cm、横幅1m以上

EVENT 3 SCORE SUBMISSION DEADLINE: 2026/07/19 SUN 15:00

ATHLETE NAME _____

Part A : Total Reps _____

JUDGE NAME _____

Part B : Weight _____ kg

