



Team Name:

Division Mark with "x" RX Scale

TEAM EVENT 2
STAGE 2 - "THE HARDSHIP"

AMRAP	CAP 20Min	RX M/F	Scale/M/F
Synchronised ALT DB-Box Step Ups		M/F Sync 22.5Kg/15Kg	M/F Sync 15Kg/ 10Kg
		Box 60/50 cm	Box 60/50 cm

"THE HARDSHIP" SCORE SHEET

RX	Scale
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Synchronised ALT DB-Box Step Ups	RX		Reps	Split Time
			25	
			50	
			75	
			100	
			125	
			150	
			175	
			200	
			225	
			250	
			275	
			300	
			325	
			350	
			375	
			400	

Total time or reps

RX	SCALE
TOTAL REPS	TOTAL REPS
<input type="text"/>	<input type="text"/>

"THE HARDSHIP" Total Scoring

Your score will be the Total Synchronised DB-Box Step Ups reps completed in the 20min time cap.

Team Captain Signature