

SCORECARD



Equipo _____

AMRAP 12

15 SHOULDER TO OVERHEAD

15 BOX JUMP OVER

MAX CAL. ROW

Peso y caja

Mujer 55 - 65 - 95 LB | 20"

Hombre 75 - 95 - 135 LB | 24"

JUEZ _____

CAPITAN _____

TOTAL _____

ROW _____
TOTAL CALORIES

15 SHOULDER TO OVERHEAD	15 BOX JUMP OVER
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MUJER

ROUND 1	15	30
ROUND 2	45	60
ROUND 3	75	90
ROUND 4	105	120
ROUND 5	135	150

HOMBRE 1

ROUND 1	15	30
ROUND 2	45	60
ROUND 3	75	90
ROUND 4	105	120
ROUND 5	135	150

HOMBRE 2

ROUND 1	15	30
ROUND 2	45	60
ROUND 3	75	90
ROUND 4	105	120
ROUND 5	135	150