

SCORECARD

Equipo _____

FOR TIME 15

3 ROUNDS

100 SINGLE UNDERS (TOTALES)

10 WALL BALL SHOTS (SYNCHRO 3)

10 MTS. SHUTTLE RUN X4 (LOS 3)

2 ROUNDS

200 SINGLE UNDERS (TOTALES)

20 WALL BALL SHOTS (SYNCHRO 3)

10 MTS. SHUTTLE RUN X6 (LOS 3)

1 ROUND

300 DOUBLE UNDERS (TOTALES)

30 WALL BALL SHOTS (SYNCHRO 3)

10 MTS. HANDSTAND WALK (LOS 3)

Med balls

Mujer _____ 10 LB

Hombres _____ 20 LB

CAPITAL GAMES OPEN WORKOUT 04

100 SU	100			
10 WBS	110			
10 MTS SR	111	112	113	114

100 SU	214			
10 WBS	224			
10 MTS SR	225	226	227	228

100 SU	328			
10 WBS	238	TIE BREAK _____		
10 MTS SR	339	340	341	342

200 SU	542				
20 WBS	562				
10 MTS SR	563	564	565	566	567

200 SU	768				
20 WBS	788	TIE BREAK _____			
10 MTS SR	789	790	791	792	793

300 DU	1094		
30 WBS	1124	TIE BREAK _____	
10 MTS HSW	1125	1126	1127

TIEMPO _____

CAP _____

JUEZ _____

CAPITAN _____