



SCORECARD

Q22.1 - TEST 1 - STRENGTH

1RM Hang Power Clean

7min Time Cap

	Weight
Athlete A	
Athlete B	
Total weight:	

cross equip
built to max your limits

NOCCO
NO CARBS COMPANY



SCORECARD

Q22.2 - TEST 2 – ENDURANCE

No Time Cap

500m row – Athlete A	
10 synchro burpees over rower	
500m row – Athlete B	
10 synchro burpees over rower	
500m row – Athlete A	
10 synchro burpees over rower	
500m row – Athlete B	
10 synchro burpees over rower	
500m row – Athlete A	
10 synchro burpees over rower	
500m row – Athlete B	
10 synchro burpees over rower	
500m row – Athlete A	
10 synchro burpees over rower	
500m row – Athlete B	
10 synchro burpees over rower	
500m row – Athlete A	
10 synchro burpees over rower	
500m row – Athlete B	
10 synchro burpees over rower	
Total time :	



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Q22.3 METCON

Interval (5min TC / 1min Rest)	Reps
1) 120 Wall Ball	(max. 120)
2) 100 Toes-to-bar	(max. 100)
3) 80 Double DB Box step-ups	(max. 80)
4) 60 Double DB Devil`s Press	(max. 60)
5.) You Go I Go, AMRAP: 1 Snatch + 1 BMU/Pull up (=1 Round)	(Max completed Rounds)
Total Reps :	

Wall Balls: RX & SCALED: 9 & 6kg

Dumbbells: RX 2x 22.5kg / 2x15kg - SCALED 2x15 / 2x10kg

Boxes: RX & SCALED: 1x 60cm, 1x50cm

Barbells: RX 1x 80kg / 1x 50kg - SCALED 1x 40kg / 1x 30kg

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