



Name Athlet:in: _____

 F MHeat: 1 2Lane: 1 2 3 4 5 6
 7 8 9 10 11 12

Division:

-
- 18+
-
-
- AK30-34
-
-
- AK35-39
-
-
- AK40-44
-
-
- AK45-49
-
-
- AK50+

BODYWEIGHT**AK 18+/30/35**

FOR REPS

4 Sets

2:30 on / 1:00 off

Set 1

15 High Box Jump Over
12 Pistol Squats Right
12 Pistol Squats Left
max Bar Muscle-ups

Set 2

15 Burpee Box Jump Over
12 Pistol Squats Right
12 Pistol Squats Left
max Bar Muscle-ups

Set 3

15 Box Jump Over
12 Pistol Squats Right
12 Pistol Squats Left
max Bar Muscle-ups

Set 4

15 Box Jump Over (clear the box)
12 Pistol Squats Right
12 Pistol Squats Left
max Bar Muscle-ups

Hinweis: Bei den Burpee Box Jump Over ist der Two-Foot-Take-Off erlaubt.

High BJO 30/24*
 BBJO 24/20*
 BJO 24/20*
 BJO Clear 24/20*

Score:

Die Anzahl der erfolgreich absolvierten Wiederholungen bei Erreichen des Time Cap.

Set 1

----- + ----- + ----- =
 15 12+12 BMU
 High BJO Pistols

----- Reps

Set 2

----- + ----- + ----- =
 15 12+12 BMU
 BJO Pistols

----- Reps

Set 3

----- + ----- + ----- =
 15 12+12 BMU
 BJO Pistols

----- Reps

Set 4

----- + ----- + ----- =
 15 12+12 BMU
 BJO (clear) Pistols

----- Reps

Wiederholungen

156 + ----- =

----- Gesamt

Technical Official:-----
Name

DBVfF e.V. DM 2023 Test BODYWEIGHT

