



Name Athlet:in: \_\_\_\_\_

F  M

Heat:  1  2

Lane:  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 50+

FOR REPS

4 Sets

2:30 on / 1:00 off

#### Set 1

**10** High Box Jump Over

**11** DB Box Step-up

**max** Pull-ups

#### Set 2

**10** Burpee Box Jump Over

**11** DB Box Step-up

**max** Pull-ups

#### Set 3

**10** Box Jump Over

**11** DB Box Step-up

**max** Pull-ups

#### Set 4

**16 m** Broad Jumps

**11** DB Box Step-up

**max** Pull-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.

<b>Set 1</b>	----- + ----- + ----- = 10 High BJO      11 Step-up      Pull-up	----- Reps
<b>Set 2</b>	----- + ----- + ----- = 10 BBJO      11 Step-up      Pull-up	----- Reps
<b>Set 3</b>	----- + ----- + ----- = 10 BJO      11 Step-up      Pull-up	----- Reps
<b>Set 4</b>	----- + ----- + ----- = 16 Broad Jumps      11 Step-up      Pull-up	----- Reps

<b>Wiederholungen</b>	90 + ----- = Pull-ups	----- Gesamt
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**Technical Official:**

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Name

DBVfF e.V. DM 2023 Test BODYWEIGHT

