

## SKILL

### AK 18+/30-34/35-39

#### FOR TIME

**5** Rope Climbs  
**8 m** Handstand Walk\*  
**10** Overhead Squats  
**8 m** Handstand Walk\*

**4** Rope Climbs  
**8 m** Handstand Walk\*  
**10** Overhead Squats  
**8 m** Handstand Walk\*

**3** Rope Climbs  
**8 m** Handstand Walk\*  
**10** Overhead Squats  
**8 m** Handstand Walk\*

**2** Rope Climbs  
**8 m** Handstand Walk\*  
**10** Overhead Squats  
**8 m** Handstand Walk\*

**1** Rope Climb

→ Finish Line

\* unbroken

18+ und 30-34: 70/50 kg  
 AK 35-39: 60/42,5 kg

Time cap: 10 min

#### Score:

Die Zeit, die für das Beenden des Tests benötigt wird oder die Anzahl der erfolgreich absolvierten Wiederholungen bei Erreichen des Time Cap.

<b>Rope Climbs</b>	5: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5 Reps
<b>Handstand Walk</b>	8 m unbroken <input type="checkbox"/>	6 Reps
<b>10 Overhead Squats</b>		16 Reps
<b>Handstand Walk</b>	8 m unbroken <input type="checkbox"/>	17 Reps
<b>Rope Climbs</b>	4: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	21 Reps
<b>Handstand Walk</b>	8 m unbroken <input type="checkbox"/>	22 Reps
<b>10 Overhead Squats</b>		32 Reps
<b>Handstand Walk</b>	8 m unbroken <input type="checkbox"/>	33 Reps
<b>Rope Climbs</b>	3: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	36 Reps
<b>Handstand Walk</b>	8 m unbroken <input type="checkbox"/>	37 Reps
<b>10 Overhead Squats</b>		47 Reps
<b>Handstand Walk</b>	8 m unbroken <input type="checkbox"/>	48 Reps
<b>Rope Climbs</b>	2: <input type="checkbox"/> <input type="checkbox"/>	50 Reps
<b>Handstand Walk</b>	8 m unbroken <input type="checkbox"/>	51 Reps
<b>10 Overhead Squats</b>		61 Reps
<b>Handstand Walk</b>	8 m unbroken <input type="checkbox"/>	62 Reps
<b>Rope Climb</b>	1: <input type="checkbox"/>	63 Reps
<b>Finish Line</b>	----- min : sek : dec oder -----Reps	64 Reps

### Technical Official:

-----  
Name