

SKILL

AK 45-49

FOR TIME

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

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 8 m Handstand Walk*
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 8 m Handstand Walk*

2 Rope Climbs

→ Finish Line

* 1 m Segments

AK 45-49: 50/35 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.

Rope Climbs	2: <input type="checkbox"/> <input type="checkbox"/>	2 Reps
Handstand Walk	8m in 1m segments	10 Reps
10 Overhead Squats		20 Reps
Handstand Walk	8m in 1m segments	28 Reps
Rope Climbs	2: <input type="checkbox"/> <input type="checkbox"/>	30 Reps
Handstand Walk	8m in 1m segments	38 Reps
10 Overhead Squats		48 Reps
Handstand Walk	8m in 1m segments	56 Reps
Rope Climbs	2: <input type="checkbox"/> <input type="checkbox"/>	58 Reps
Handstand Walk	8m in 1m segments	66 Reps
10 Overhead Squats		76 Reps
Handstand Walk	8m in 1m segments	84 Reps
Rope Climbs	2: <input type="checkbox"/> <input type="checkbox"/>	86 Reps
Handstand Walk	8m in 1m segments	94 Reps
10 Overhead Squats		104 Reps
Handstand Walk	8m in 1m segments	112 Reps
Rope Climbs	2: <input type="checkbox"/> <input type="checkbox"/>	114 Reps
Finish Line	----- : ----- min : sek : dec oder -----Reps	115 Reps

Technical Official:

Name