



SUPR FIT
FITNESS EQUIPMENT

Juniors

AK 10-12, 13-14, 15-16, U18



Endurance Test

1. Intervall	Kalorien
2. Intervall	Kalorien
3. Intervall	Kalorien
4. Intervall	Kalorien
5. Intervall	Kalorien

Strength Test

1. Versuch	kg
2. Versuch	kg
3. Versuch	kg
4. Versuch	kg
5. Versuch	kg

Endurance Test

For Calories, 5 Intervalle,
90 Sek on / 60 Sek off,
- 10 Burpees over rower
- max cal Row

Strength Test

For Weight, TC5
3 rm Front Squat
aus Rack oder
Kniebeugenständer

Mixed Modal Test

For Reps, TC8

2 rounds of
30 Single Unders
5+5 DB Snatch
10 Sit-Up
-into-
2 rounds of
30 Single Unders
5+5 DB Snatch
10 Knee Raises
-into-
2 rounds of
30 Single Unders
5+5 DB Snatch
10 Leg Raises
-into-
AMRAP
10 Double Unders
10 Single-Arm DB
Overhead Squats

AK 10-12: 7,5 / 5 kg
AK 13-14: 10 / 7,5 kg
AK 15-16: 12,5 / 10 kg
AK U18: 15 / 12,5 kg

= $\frac{\text{Summe Kalorien}}{\text{(Score Endurance)}}$

= $\frac{\text{Bester Versuch in Kilo}}{\text{(Score Strength)}}$

Mixed Modal Test

30 SU	5+5 DB Snatch	10 Sit-Up
30	40	50
80	90	100
30 SU	5+5 DB Snatch	10 <u>Knee Raises</u>
130	140	150
180	190	200
30 SU	5+5 DB Snatch	10 <u>Leg Raises</u>
230	240	250
280	290	300

10 <u>DU</u>	10 <u>SA OHS</u>
310	320
330	340
350	360
370	380
390	400
410	410

= $\frac{\text{Wiederholungsanzahl}}{\text{(Score Mixed Modal)}}$

Technical Official

Athlete Name

Unterschrift
(Athlet/Betreuer)



Athlete Copy

Athlete Name

Kalorien
(Score Endurance)

Gewicht in kg
(Score Strength)

Wiederholungsanzahl
(Score Mixed Modal)

Datum, Ort

Technical Official (TO)

TO Unterschrift

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<https://competitioncorner.net/events/14839>

