



# LinnaMasters 2018 Qualifier

## Scorecard

Athletes Name: \_\_\_\_\_

25 Calories Row		25
25 Meters Frontrack Walking Lunges		50
20 Pull Ups		70
20 Toes to Bar		90
15 Bar Facing Burpees		105
15 Clean and Shoulder to Overhead		120
100 Double Unders		220
15 Clean and Shoulder to Overhead		235
15 Bar Facing Burpees		250
20 Toes to Bar		270
20 Pull Ups		290
25 Meters Frontrack Walking Lunges		315
25 Calories Row		340

Reps not finished at timecap:  (1 second added per repetition to total time)

Total time:

Judges Name: \_\_\_\_\_

