



# SCORECARD

## CBC2016 QUALIFIER WORKOUT

3 ROUNDS FOR TIME - 50 DOUBLE UNDERS, 20 CHEST TO BAR PULL-UPS, 10 POWER CLEANS.  
IN THE REMAINING TIMECAP COMPLETE THE THRUSTER LADDER. TIMECAP FOR THE WHOLE  
WORKOUT CONSISTING OF THESE 2 PARTS IS 12 MINUTES.

### QUALIFIER WORKOUT CBC2016 A

<b>ROUND 1</b>	50 DOUBLE UNDERS	20 CHEST TO BAR PULL-UPS	10 POWER CLEANS
	<input type="text"/>	<input type="text"/>	<input type="text"/>

<b>ROUND 2</b>	50 DOUBLE UNDERS	20 CHEST TO BAR PULL-UPS	10 POWER CLEANS
	<input type="text"/>	<input type="text"/>	<input type="text"/>

<b>ROUND 3</b>	50 DOUBLE UNDERS	20 CHEST TO BAR PULL-UPS	10 POWER CLEANS
	<input type="text"/>	<input type="text"/>	<input type="text"/>

**RESULTS** YOUR TIME OR REPS

### QUALIFIER WORKOUT CBC2016 B

SET YOUR WEIGHTS BY QUALIFIER HANDBOOK AND WRITE THEM INTO COLUMNS BELOW.

10x	8x	6x	4x	ME
WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT
REPS	REPS	REPS	REPS	REPS

**RESULTS** YOUR TOTAL REPS

ATHLETE / TEAM NAME  
IF YOU ARE IN TEAM, WRITE YOUR NAME AND TEAM BELOW

JUDGE NAME