



The European Championships 17.2



The Sprint!

17.2 = For Time

*7 Minute Time Cap

10 Over Box Burpees

*Rx: 24/20" Box
Masters: 24/20" Box
Scaled: 20" Box (M & F)
Teens: 20" Box (M & F)*

10

20 Calorie Row

30

40 Dumbbell Snatches

*Rx: 22.5/15 kg
Masters: 22.5/15 kg
Scaled: 12/8 kg Kettlebell
Teens: 12/8 kg Kettlebell*

70

80 Double Unders

*Scaled: 80 Single Unders
Teens: 80 Single Unders*

150

Time = _____

Or Reps @ 7:00 = _____ *Any remaining reps are added to the time cap, one rep equalling one second

Score = _____

Please Circle:

Athlete Name:

Athlete Signature:

Judge Name:

Rx
Masters
Scaled
Teens
