



The European Championships 17.3



Twisted Fran!

Score = Total Reps

*3/6/9 Minute Time Cap

Round 1 3 Min Cap	Thrusters <i>Rx: 42.5/30 kg</i> <i>Masters: 35/25 kg</i> <i>Scaled: 30/20 kg</i> <i>Teens: 20/15 kg</i>	Pull Ups <i>Rx: Pull Ups</i> <i>Masters: Pull Ups</i> <i>Scaled: Jumping Pull Ups</i> <i>Teens: Jumping Pull Ups</i>
15		
12		
9		
Round 2 +3 Min Cap	Thrusters <i>Rx: 42.5/30 kg</i> <i>Masters: 35/25 kg</i> <i>Scaled: 30/20 kg</i> <i>Teens: 20/15 kg</i>	Chest to Bar Pull Ups <i>Rx: Chest to Bar Pull Ups</i> <i>Masters: Chest to Bar Pull Ups</i> <i>Scaled: Jumping Chest to Bar Pull Ups</i> <i>Teens: Jumping Chest to Bar Pull Ups</i>
12		
9		
6		
Round 3 +3 Min Cap AMRAP	Thrusters <i>Rx: 42.5/30 kg</i> <i>Masters: 35/25 kg</i> <i>Scaled: 30/20 kg</i> <i>Teens: 20/15 kg</i>	Ring Muscle Ups <i>Rx: Ring Muscle Ups</i> <i>Masters: Ring Muscle Ups</i> <i>Scaled: Jumping Ring Muscle Ups</i> <i>Teens: Jumping Ring Muscle Ups</i>
9		
6		
3		

Time = _____

Total Reps = _____ *If a round is not completed within the time cap the score = total reps completed at that time cap

Please Circle: Rx Masters Scaled Teens	Athlete Name:	Athlete Signature:	Judge Name:
	_____	_____	_____