



QUALIFER 19.2

5TH OF MAY - 19TH OF MAY

5 ROUNDS FOR TIME THEN REPS / TIME CAP: 14MIN

| MOVEMENTS | 1 | 2 | 3 | 4 | 5 |
|--|-----------|-----------|------------|------------|------------|
| 5 DEVIL PRESSES - 2x DBS MALE: 22,5KG FEMALE: 15KG MAS. 50+ - MALE: 15KG FEMALE: 10KG | | | | | |
| 10 SHOULDER TO OH. MALE: 22,5KG FEMALE: 15KG MAS. 50+ - MALE: 15KG FEMALE: 10KG | | | | | |
| 15 BOX STEP OVERS - 50CM | | | | | |
| POSSIBLE REPS | 35 | 70 | 105 | 140 | 175 |

**YOUR QUALIFER 19.2 SCORE:
FOR TIME THEN REPS**

SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS OR REPS COMPLETED AT TIME CAP

DIVISION

Rx
 Team of 3 - Same Sex
 Team of 4 - 2M / 2F
 Mas. 35-39
 Mas. 40-44
 Mas. 45-49
 Mas. 50-54
 Mas. 55-59
 Mas. 60+

ATHLETE NAME

X

ATHLETE / TEAM SIGNATURE

X

GENDER

Male Female

JUDGE INT.