



VIGO BATTLE OF TEAMS 2017

SCORECARD WORKOUT 17.1

PRESENTADO POR:



ROUND 1 18 - 15 - 12 ATHLETES 1 2 /	18 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)	15 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)	12 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)
ROUND 2 15 - 12 - 9 ATHLETES 3 4 /	15 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)	12 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)	9 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)
SPLIT TIME 1		:	
ROUND 3 12 - 9 - 6 ATHLETES 5 1 /	12 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)	9 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)	6 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)
ROUND 3 9 - 6 - 3 ATHLETES 2 3 /	9 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)	6 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)	3 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)
SPLIT TIME 2		:	
ROUND 4 6 - 3 - 1 ATHLETES 4 5 /	6 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)	3 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)	1 HANG POWER CLEAN BOX JUMP/STEP-UP (INTRO)
ROUND 5			
ELITE/MASTER/PRO SQUAT CLEAN			
INTRO CLEAN			

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TEAM NAME	ATHLETES				
	ATHLETE 1	ATHLETE 2	ATHLETE 3	ATHLETE 4	ATHLETE 5
TOTAL REPS					

captain signature