



## AF3 - TEST 2 : Qualifications en ligne (compétiteurs)

### Test 2

For time : 10'

30 BoxJump over

8 round :

5 Toes to bar

5 C2B

30 BoxJump over

(tie break)

10 Burpees Bar MU

|                   |  |       |  |
|-------------------|--|-------|--|
| 30 Boxjump over   |  |       |  |
| 5 Toes to bar     |  | 5 C2B |  |
| 5 Toes to bar     |  | 5 C2B |  |
| 5 Toes to bar     |  | 5 C2B |  |
| 5 Toes to bar     |  | 5 C2B |  |
| 5 Toes to bar     |  | 5 C2B |  |
| 5 Toes to bar     |  | 5 C2B |  |
| 5 Toes to bar     |  | 5 C2B |  |
| 5 Toes to bar     |  | 5 C2B |  |
| 30 Boxjump over   |  |       |  |
| 10 Burpees Bar MU |  |       |  |
| Time              |  |       |  |

### Test variations :

**Masters Femmes 45+**,

**Masters Hommes 50+**,

**Juniors U16**

30 Boxjump\*

7 rounds :

4 Toes to bar

4 pull ups

30 Boxjump\*

10 Burpees C2B

\* (step up/down autorisé)

|                |  |           |  |
|----------------|--|-----------|--|
| 30 Boxjump     |  |           |  |
| 4 Toes to bar  |  | 4 pull up |  |
| 4 Toes to bar  |  | 4 pull up |  |
| 4 Toes to bar  |  | 4 pull up |  |
| 4 Toes to bar  |  | 4 pull up |  |
| 4 Toes to bar  |  | 4 pull up |  |
| 4 Toes to bar  |  | 4 pull up |  |
| 4 Toes to bar  |  | 4 pull up |  |
| 30 Boxjump     |  |           |  |
| 10 Burpees C2B |  |           |  |
| Time           |  |           |  |

Score 2 : Temps (1+sec par rep manquante) avec Tie Break : \_\_\_\_\_

-----

Nom : \_\_\_\_\_

Score 2 : \_\_\_\_\_

Juge : \_\_\_\_\_

Tie Break : \_\_\_\_\_

Catégorie : \_\_\_\_\_

Signature :