



## AF3 - TEST 3 : Qualifications en ligne (compétiteurs)

### Test 3A

AMRAP 5'  
Buy-in : 20 Dual DB  
Front squat  
Then max REPS/rounds  
remaining time :  
6 dual DB hang  
to over head  
9 kipping HSPU

20 Dual DB Front squat		
6 DB Hang to OH		9/5 kipping HSPU
6 DB Hang to OH		9/5 kipping HSPU
6 DB Hang to OH		9/5 kipping HSPU
6 DB Hang to OH		9/5 kipping HSPU
6 DB Hang to OH		9/5 kipping HSPU
6 DB Hang to OH		9/5 kipping HSPU
6 DB Hang to OH		9/5 kipping HSPU
6 DB Hang to OH		9/5 kipping HSPU
6 DB Hang to OH		9/5 kipping HSPU
6 DB Hang to OH		9/5 kipping HSPU
6 DB Hang to OH		9/5 kipping HSPU

Rest 2'

### Test 3B

AMRAP 5'  
Buy-in : 20 Dual DB  
Front squat  
Then max REPS/rounds  
remaining time :  
9 dual DB clean  
12 WallBall

20 Dual DB Front squat		
9 Dual DB clean		12 WallBall
9 Dual DB clean		12 WallBall
9 Dual DB clean		12 WallBall
9 Dual DB clean		12 WallBall
9 Dual DB clean		12 WallBall
9 Dual DB clean		12 WallBall
9 Dual DB clean		12 WallBall
9 Dual DB clean		12 WallBall
9 Dual DB clean		12 WallBall
9 Dual DB clean		12 WallBall

**Score 3** : Total reps partie 3A + 3B : \_\_\_\_\_

**Séniors, Masters Femmes jusqu'à 40+, Masters Hommes jusqu'à 45+, Juniors U18**

DBs: 2x22/2x15 kgs

Wall Ball: 20/14 Lbs

**Masters Femmes 45+, Masters Hommes 50+, Juniors U16**

HSPU : 5 reps au lieu de 9

DBs: 2x15/2x10 kgs

Wall Ball: 20/14 Lbs

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

Score 3 : \_\_\_\_\_

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

Catégorie : \_\_\_\_\_

Signature :