



Q2

21 - 15 - 9 / 9 - 6 - 3 FOR TIME

FOR TIME

MOVEMENTS	REPS COMPLETED	REPS POSSIBLE
21 PULLUPS INDIVIDUALS - CHEST TO BAR MASTERS - REGULAR PULLUPS		21
9 G2OH INDIVIDUALS - MALE: 80KG FEMALE: 55KG MASTERS - MALE: 60KG FEMALE: 40KG		30
15 PULLUPS INDIVIDUALS - CHEST TO BAR MASTERS - REGULAR PULLUPS		45
6 G2OH INDIVIDUALS - MALE: 80KG FEMALE: 55KG MASTERS - MALE: 60KG FEMALE: 40KG		51
9 PULLUPS INDIVIDUALS - CHEST TO BAR MASTERS - REGULAR PULLUPS		60
3 G2OH INDIVIDUALS - MALE: 80KG FEMALE: 55KG MASTERS - MALE: 60KG FEMALE: 40KG		63

**YOUR FINAL SCORE:
FOR TIME**

DIVISION

Individuals Masters 40+

SCORE IS DETERMINED BY THE TIME TO COMPLETE ALL THE REPS LISTED ABOVE

GENDER

Male Female

ATHLETE NAME

X

ATHLETE SIGNATURE

X

JUDGE INITIALS

X