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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Atleta: | | | | | | | | Categoria: | | |
|  | **40** | | | | **30** | | | **20** | | **10** |
| **OH Walking Lunge** | 10 | 20 | 30 | 40 | 10 | 20 | 30 | 10 | 20 | 10 |
| **DB Snatch Alt** | 10 | 20 | 30 | 40 | 10 | 20 | 30 | 10 | 20 | 10 |
| **Abmat Sit Up** | 10 | 20 | 30 | 40 | 10 | 20 | 30 | 10 | 20 | 10 |
|  | | | | | | | | Tempo: | | |

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| Atleta: | | | | | | | | Categoria: | | |
|  | **40** | | | | **30** | | | **20** | | **10** |
| **OH Walking Lunge** | 10 | 20 | 30 | 40 | 10 | 20 | 30 | 10 | 20 | 10 |
| **DB Snatch Alt** | 10 | 20 | 30 | 40 | 10 | 20 | 30 | 10 | 20 | 10 |
| **Abmat Sit Up** | 10 | 20 | 30 | 40 | 10 | 20 | 30 | 10 | 20 | 10 |
|  | | | | | | | | Tempo: | | |

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| Atleta: | | | | | | | | Categoria: | | |
|  | **40** | | | | **30** | | | **20** | | **10** |
| **OH Walking Lunge** | 10 | 20 | 30 | 40 | 10 | 20 | 30 | 10 | 20 | 10 |
| **DB Snatch Alt** | 10 | 20 | 30 | 40 | 10 | 20 | 30 | 10 | 20 | 10 |
| **Abmat Sit Up** | 10 | 20 | 30 | 40 | 10 | 20 | 30 | 10 | 20 | 10 |
|  | | | | | | | | Tempo: | | |