



Full name
JUDGE

Team name

Names of athletes

LEVEL CHECK WORKOUT

Název: „SAME OLD SAME OLD“

Time cap: 18 min

For time (TC 18 min) Running clock 🕒

Part 1) AMRAP90s (00:00-01:30 + 30s rest = 02:00)

Max distance **handstand walk** or max reps **wall walk**

**Both athletes are working simultaneously. Non alt. Each has his own result.*

-30s rest-

Athlete 1.

meters																		
Handstand walk	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72
reps																		
Wall walk	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36

Athlete 2.

meters																		
Handstand walk	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72
reps																		
Wall walk	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36



Start in 2 minutes and continue with...

Time cap on running clock will be at 10 minutes.

Part 2) For time | Time cap 8 min (02:00-10:00)

40-30-20 Snatch @43/29kg | SHUW

21-18-15 TTB/Pull ups/C2B | SHUW

(time break)

- no rest-

Athlete 1. + Athlete 2.

	Reps Completed	Reps possible
40 Snatches		40
21 Toes to bars		61
30 Snatches		91
18 Pull ups		109
20 Snatches		129
15 Chest to bar		144

Total reps _____

Time break _____



Start in 10 minutes and continue with...

Time cap on running clock will be at 18 minutes.

Part 3) For time | Time cap 8 min (10:00-18:00)

MAX LOAD CLEAN COMPLEX

Complex: 1 Clean + 2 Front Squats + 1 Jerk

Athlete	Attempt 1 (kg)	Attempt 2 (kg)	Attempt 3 (kg)	Attempt 4 (kg)	Attempt 5 (kg)	Attempt 6 (kg)
Athlete 1						
Athlete 2						

Athlete	Attempt 7 (kg)	Attempt 8 (kg)	Attempt 9 (kg)	Attempt 10 (kg)	Attempt 11 (kg)	Attempt 12 (kg)
Athlete 1						
Athlete 2						

Athlete 1 - Final weight on the barbell _____

Athlete 2 - Final weight on the barbell _____

Total weight of both athletes together _____

Podpis judge

Podpis atleta
