



**SM-KVAL 2021**

# **TEST 3**

**STRENGTH**

**TC 1**

|                 |  |
|-----------------|--|
| <b>1 SNATCH</b> |  |
|-----------------|--|

|                     |  |
|---------------------|--|
| <b>3 HANG CLEAN</b> |  |
|---------------------|--|

|                      |  |
|----------------------|--|
| <b>5 FRONT SQUAT</b> |  |
|----------------------|--|

**TOTAL VIKT**

|  |
|--|
|  |
|--|



# SM-KVAL 2021

# TEST 4

## MIXED MODALITY AMRAP 12

**1 2 3 4 5 6 7**

|   |  |  |  |  |  |  |  |
|---|--|--|--|--|--|--|--|
| <b>10 DEADLIFT 120/80</b>                       |  |  |  |  |  |  |  |
| <b>20 ALTERNATING HANG SQUAT SNATCH 22,5/15</b> |  |  |  |  |  |  |  |
| <b>10 BAR FACING BURPEE</b>                     |  |  |  |  |  |  |  |
| <b>40 DOUBLE UNDERS</b>                         |  |  |  |  |  |  |  |

SKALNING 14/16

DEADLIFT 80/50

ALTERNATING HANG SQUAT SNATCH 15/10

80

160

240

320

400

480

560

**REPETITIONER**