



SWE3F CLUBSERIES 2022

Kalibreringstester

Test 1 – Team of 4 AMRAP 2 x 10 min

	Par A	Par B	Totalt
Amrap [A] Row for distance			

	24 Double unders	Shuttle runs 8 x 7.5m	8 Later burpees over bar	
R1				40 reps
R2				80 reps
R3				120 reps
R4				160 reps
R5				200 reps
R6				240 reps
R7				280 reps
R8				320 reps
R9				360 reps
R10				400 reps
R11				440 reps
R12				480 reps

SCORE

Totalt antal meter

Totalt antal reps



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Test 3 – Team of 3

Amrap 3 x 4 min / 10s transition time

AMRAP A	Pullups	S.A DB Thrusters	
2 reps			4 reps
4 reps			12 reps
6 reps			24 reps
8 reps			40 reps
10 reps			60 reps
12 reps			84 reps
14 reps			112 reps
16 reps			144 reps

AMRAP B	Toes to bar	S.A DB Hang Clean & Jerk	
5 reps			10 reps
10 reps			30 reps
15 reps			60 reps
20 reps			100 reps
25 reps			150 reps
30 reps			210 reps
35 reps			280 reps
40 reps			360 reps



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AMRAP C	Riggkomplex	DB-komplex
1 rep		
2 reps		
3 reps		
4 reps		
5 reps		
6 reps		
7 reps		
8 reps		
9 reps		
10 reps		

2 reps
6 reps
12 reps
20 reps
30 reps
42 reps
56 reps
72 reps
90 reps
110 reps

Riggkomplex:
1 Pullup + 1 Toes to bar

DB-komplex:
1 DB Snatch + 1 DB Hang Cluster

SCORE

Antal reps

Amrap A + **Amrap B** + **Amrap C** = **Totalt**

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