



SWE3F CLUBSERIES 2022

Kalibreringstester

Test 2 – Team of 2

AMRAP 7 min

	15 Wallballs	9 Box jump over step down	3 Sync Single arms Devils press	
R1				27 reps
R2				54 reps
R3				81 reps
R4				108 reps
R5				135 reps
R6				162 reps
R7				189 reps
R8				216 reps
R9				243 reps

SCORE

Totalt antal reps



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Test 5 – Team of 5

Time cap 13 min

	10 Burpees over rower	20/15 cal Row	10 Burpees over rower	
Atlet M1				40 reps
Atlet F1				75 reps
Atlet M2				115 reps
Atlet F2				150 reps

SCORE

Tid (eller reps om inte alla reps gjorde inom TC)