



SCORECARD

Japan Championship 2025 ONLINE QUALIFIER
EVENT 1 : SATURDAY, JUNE 28, THROUGH 15:00 SUNDAY, JULY 6



EVENT 1

COMPETITOR

AMRAP 8 minutes

8 Toes to Bar

8 Ground to Overhead

8 Box Jump Over

Score is Reps

WORKOUT VARIATIONS

Ground to Overhead

Men 50kg (110lb)

Women 35kg (75lb)

Box Jump Over

Men 24inch (60cm)

Women 20inch (50cm)

Round	8 Toes to Bar	8 Ground to Overhead	8 Box Jump Over
1	8	16	24
2	32	40	48
3	56	64	72
4	80	88	96
5	104	112	120
6	128	136	144
7	152	160	168
8	176	184	192
9	200	208	216
10	224	232	240
11	248	256	264
12	272	280	288

EVENT 1 SCORE SUBMISSION DEADLINE: 2025/07/06 SUN 15:00

ATHLETE NAME _____

JUDGE NAME _____

Total Reps _____





SCORECARD

Japan Championship 2025 ONLINE QUALIFIER
EVENT 1 : SATURDAY, JUNE 28, THROUGH 15:00 SUNDAY, JULY 6



EVENT 1

FITNESS

AMRAP 8 minutes

8 Hanging knee raise

8 Ground to Overhead

8 Box Jump Over

Score is Reps

WORKOUT VARIATIONS

Ground to Overhead

Men 35kg (75lb)

Women 25kg (55lb)

Box Jump Over

Men 24inch (60cm)

Women 20inch (50cm)

Round	8 Hanging knee raise	8 Ground to Overhead	8 Box Jump Over
1	8	16	24
2	32	40	48
3	56	64	72
4	80	88	96
5	104	112	120
6	128	136	144
7	152	160	168
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