



SCORECARD

Japan Championship 2025 ONLINE QUALIFIER
EVENT 2 : SATURDAY, JUNE 28, THROUGH 15:00 SUNDAY, JULY 13



EVENT 2 **COMPETITOR**

20-minute running clock.
Move straight to the next section when finished.
Cut-offs at 12:00, 16:00, and 20:00.

Section 1 (0:00–12:00)

1000m Row (100m = 1 rep)
3 rounds:
12 Dumbbell Snatch
10 Lateral Burpee Over the Rower

Section 2 (before 16:00)

800m Row (100m = 1 rep)
3 rounds:
12 Single Dumbbell Shoulder-to-Overhead
10 Lateral Burpee Over the Rower

Section 3 (before 20:00)

600m Row (100m = 1 rep)
3 rounds:
12 Handstand Push-up
10 Lateral Burpee Over the Rower

Score is Time OR Reps

1000m Row	10
12 Dumbbell Snatch	22
10 Lateral Burpee Over the Rower	32
12 Dumbbell Snatch	44
10 Lateral Burpee Over the Rower	54
12 Dumbbell Snatch	66
10 Lateral Burpee Over the Rower	76
800m Row	84
12 Single Dumbbell Shoulder-to-Overhead	96
10 Lateral Burpee Over the Rower	106
12 Single Dumbbell Shoulder-to-Overhead	118
10 Lateral Burpee Over the Rower	128
12 Single Dumbbell Shoulder-to-Overhead	140
10 Lateral Burpee Over the Rower	150
600m Row	156
12 Handstand Push-up	168
10 Lateral Burpee Over the Rower	178
12 Handstand Push-up	190
10 Lateral Burpee Over the Rower	200
12 Handstand Push-up	212
10 Lateral Burpee Over the Rower	222

WORKOUT VARIATIONS

Dumbbell Snatch

Men 22.5kg (50lb) / Women 15kg (35lb)

Single Dumbbell Shoulder-to-Overhead

Men 22.5kg (50lb) / Women 15kg (35lb)

EVENT 2 SCORE SUBMISSION DEADLINE: 2025/07/13 SUN 15:00

ATHLETE NAME _____

JUDGE NAME _____

Time or Total Rep _____





SCORECARD

Japan Championship 2025 ONLINE QUALIFIER
EVENT 2 : SATURDAY, JUNE 28, THROUGH 15:00 SUNDAY, JULY 13



EVENT 2 **FITNESS**

16-minute running clock.
Move straight to the next section when finished.
Cut-offs at 12:00 and 16:00.

Section 1 (0:00–12:00)

1000m Row (100m = 1 rep)
3 rounds:
12 Dumbbell Snatch
10 Lateral Burpee Over the Rower

Section 2 (before 16:00)

800m Row (100m = 1 rep)
3 rounds:
12 Single Dumbbell Shoulder-to-Overhead
10 Lateral Burpee Over the Rower

Score is Time OR Reps

WORKOUT VARIATIONS

Dumbbell Snatch

Men 15kg (35lb) / Women 9kg (20lb)

Single Dumbbell Shoulder-to-Overhead

Men 15kg (35lb) / Women 9kg (20lb)

1000m Row	10
12 Dumbbell Snatch	22
10 Lateral Burpee Over the Rower	32
12 Dumbbell Snatch	44
10 Lateral Burpee Over the Rower	54
12 Dumbbell Snatch	66
10 Lateral Burpee Over the Rower	76
800m Row	84
12 Single Dumbbell Shoulder-to-Overhead	96
10 Lateral Burpee Over the Rower	106
12 Single Dumbbell Shoulder-to-Overhead	118
10 Lateral Burpee Over the Rower	128
12 Single Dumbbell Shoulder-to-Overhead	140
10 Lateral Burpee Over the Rower	150

EVENT 2 SCORE SUBMISSION DEADLINE: 2025/07/13 SUN 15:00

ATHLETE NAME _____

JUDGE NAME _____

Time or Total Rep _____

