



SCORECARD

Japan Championship 2026 ONLINE QUALIFIER
EVENT 1 : SATURDAY, JUNE 27, THROUGH 15:00 SUNDAY, JULY 5

SUPPORTED BY



EVENT 1

COMPETITOR

AMRAP 12 minutes

50 Double Unders

12 Alternating Dumbbell Snatch

1-2-3-4... Wall Walks

※ラウンドごとに1回ずつ増加

Score is Reps

WORKOUT VARIATIONS

Alternating Dumbbell Snatch

Men 22.5kg (50lb)

Women 15kg (35lb)

Wall Walk

Men 60inch (152cm)

Women 55inch (139cm)

Round	50 Double Unders	12 Alternating Dumbbell Snatch	Wall Walks
1	50	62	1 63
2	113	125	2 127
3	177	189	3 192
4	242	254	4 258
5	308	320	5 325
6	375	387	6 393
7	443	455	7 462
8	512	524	8 532
9	582	594	9 603
10	653	665	10 675

EVENT 1 SCORE SUBMISSION DEADLINE: 2026/07/05 SUN 15:00

ATHLETE NAME _____

JUDGE NAME _____

Total Reps _____





SCORECARD

Japan Championship 2026 ONLINE QUALIFIER
EVENT 1 : SATURDAY, JUNE 27, THROUGH 15:00 SUNDAY, JULY 5

SUPPORTED BY



EVENT 1

FITNESS

AMRAP 12 minutes

50 Lateral Jump Over the Dumbbell

12 Dumbbell Ground to Overhead

1-2-3-4... Scaled Wall Walks

※ラウンドごとに1回ずつ増加

Score is Reps

WORKOUT VARIATIONS

Lateral Jump Over the Dumbbell

Dumbbell Ground to Overhead

Men 15kg (35lb)

Women 9kg (20lb)

Scaled Wall Walk

Men 60inch (152cm)

Women 55inch (139cm)

Round	50 Lateral Jump Over the Dumbbell	12 Dumbbell Ground to Overhead	Scaled Wall Walks
1	50	62	1 63
2	113	125	2 127
3	177	189	3 192
4	242	254	4 258
5	308	320	5 325
6	375	387	6 393
7	443	455	7 462
8	512	524	8 532
9	582	594	9 603
10	653	665	10 675

EVENT 1 SCORE SUBMISSION DEADLINE: 2026/07/05 SUN 15:00

ATHLETE NAME _____

JUDGE NAME _____

Total Reps _____

