

## CFM GAMES 2019

### WORKOUT QUALIFIER

<b>ATHLETE (Prénom, Nom):</b>	<b>JUGE (Prénom, Nom):</b>	
<b>MOUVEMENT</b>	<b>REPS</b>	<b>VALIDE (V= oui X= non)</b>
<b>Wall-Ball Shots 9kg</b>	<b>40</b>	
<b>Complex GYM 3 Bar Muscles-up + 3 Ring Muscles-up + 3 Strict HSPU</b>	<b>1</b>	
<b>Calories ROW</b>	<b>30</b>	
<b>Complex GYM 3 Bar Muscles-up + 3 Ring Muscles-up + 3 Strict HSPU</b>	<b>1</b>	
<b>GHD Sit-ups</b>	<b>20</b>	
<b>Complex GYM 3 Bar Muscles-up + 3 Ring Muscles-up + 3 Strict HSPU</b>	<b>1</b>	
<b>Double DB Hang Squat Clean 22,5kg</b>	<b>10</b>	
<b>Complex GYM 3 Bar Muscles-up + 3 Ring Muscles-up + 3 Strict HSPU</b>	<b>1</b>	
<b>Power Snatches 70kg</b>	<b>5</b>	
<b>Complex GYM 3 Bar Muscles-up + 3 Ring Muscles-up + 3 Strict HSPU</b>	<b>1</b>	
<b>TEMPS FINAL:</b> _____		
<b>Signature Athlète:</b>	<b>Signature Juge:</b>	