

CARRY A HERO HOME**HOPPY**Rxd Men 60kg Rxd Women 40kg
Rxd Men 24inch Women 20inch
Scale Men 40kg Women 20kg
Scale 24inch Women 20inch

Athlete Name _____

Scorekeeper Name _____

Affiliate _____

Male / Female	Movement	Reps	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	
	Lateral Bar Burpee	21								
M 24 / F 20 inch	Box Jumps or Step Ups	16								
M 60 / F 40kg	Front Rack / Forward Lunges	8								
M 60 / F 40kg	Gound to Overhead	3								
			48	96	144	192	240	288	336	Final Score

Athlete Sign _____

Scorekeeper Sign _____