**„POWER & SKILL“**

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| Part A1 rep max of a SNATCH In a max of 30 sec rest time you must start with part BPart BMax unbroken set of RINGS MUSCLE UP | This is not a timed workout but a workout for load and reps and the score will be a sumo of total points: max load (1Kg = 1point) + max reps (1 rep = 3 points)Example:Part A: Max snatch for load = 95kg = 95 pointsPart B: 1 unbroken set of MU = 10 reps x 3 = 30 pointsScore:Part A (95) + Part B(30)=125 pointsNOTE: if the athlete can`t perform a single muscle up, the score is only the total load of a snatch  |

**Scorecard**

**Athlete name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- |
| **Snatch** |  **\_\_\_\_\_\_\_\_\_ kg** |
| **Rings muscle ups** |  **\_\_\_\_\_\_\_\_\_ reps** |
| **Score (kg + reps x 3)** |  **\_\_\_\_\_\_\_\_\_ total points** |