**„POWER & SKILL“**

|  |  |
| --- | --- |
| Part A  1 rep max of a SNATCH  In a max of 30 sec rest time you must start with part B  Part B  Max 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 points  Part B: 1 unbroken set of MU = 10 reps x 3 = 30 points  Score:  Part A (95) + Part B(30)=125 points  NOTE: if the athlete can`t perform a single muscle up, the score is only the total load of a snatch |

**Scorecard**

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

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