

XFITTEST QUALIFIER 19.1

Time cap – 11min

2 rounds for time

**25 Box Jump Over
20 Slamball to Shoulder**

Box Height:

M – 75cm

F – 60cm

Slamball Weight:

M – 50kg

F – 40kg



		25 Box Jump Over					
		(5)	(5)	(5)	(5)	(5)	
		20 Slamball to Shoulder					
		(5)	(5)	(5)	(5)	(5)	time
Round 1							time
		25 Box Jump Over					
		(5)	(5)	(5)	(5)	(5)	
		20 Slamball to Shoulder					
		(5)	(5)	(5)	(5)	(5)	time
Round 2							time
		Time (final)					

Athlete Name	
Team Name	