

	<h1 style="margin: 0;">SCORECARD</h1> <h1 style="margin: 0; color: red;">SUPER 8 RETEST</h1> <h2 style="margin: 0;">LEVELS 1-3</h2>	<p style="margin: 0; font-weight: bold;">SPONSORED BY</p> 
---	---	---

## WORKOUT

This benchmark workout is an 8 minute AMRP of 8 Burpee Box Jump Overs, 8 Cleans, and 8 Thrusters (Ground to Overhead for L1 Masters +). Be sure to review the Official Workout Announcement for all scaling and movement standards. No other variations or scaling options are allowed other than the standards listed in the announcement.

Burpees must be performed facing the box. Step ups are allowed at L2 & L1.

Athletes must complete the 8th clean before moving on to thrusters. A squat clean thruster is not allowed for the 8th clean in each round.

This workout is a retest of week 1 and must be completed at the same skill level as the test.

LEVEL 3 MOVEMENT	OPEN MEN / WOMEN	MASTERS MEN / WOMEN	MASTERS + MEN / WOMEN
Burpee Box Jump Over (inches)	30"/24"	24"/20"	24"/20"
Power Cleans (lbs.)	95/65	95/65	75/55
Thrusters (lbs.)	95/65	95/65	75/55

LEVEL 2 MOVEMENT	OPEN MEN / WOMEN	MASTERS MEN / WOMEN	MASTERS + MEN / WOMEN
Burpee Box Jump Over (Step-ups allowed) (inches)	24"/20"	24"/20"	20"/14"
Power Cleans (lbs.)	75/55	75/55	65/45
Thrusters (lbs.)	75/55	75/55	65/45

LEVEL 1 MOVEMENT	OPEN MEN / WOMEN	MASTERS MEN / WOMEN	MASTERS + MEN / WOMEN
Burpee Box Jump Over (Step-ups allowed) (inches)	20"/14"	20"/14"	20"/14"
Power Cleans (lbs.)	45/35	45/35	35/15
Thrusters (lbs.)	45/35	45/35	35/15

## REP TALLY

Round	1	2	3	4	5	6	7	8	9
8 Burpee Box Jump Overs									
8 Cleans									
8 Thrusters									

SUPER 8 RETEST

ATHLETE NAME \_\_\_\_\_ REPS \_\_\_\_\_ LEVEL \_\_\_\_\_

AFFILIATE \_\_\_\_\_ VALIDATOR \_\_\_\_\_

I confirm the reps performed in this workout are accurate \_\_\_\_\_

Athlete Signature

Date

-----

Affiliate Copy

Athlete Copy

SUPER 8 RETEST

ATHLETE NAME \_\_\_\_\_ REPS \_\_\_\_\_ LEVEL \_\_\_\_\_

AFFILIATE \_\_\_\_\_ VALIDATOR \_\_\_\_\_

I confirm the reps performed in this workout are accurate \_\_\_\_\_

Affiliate Signature

Date