



# SCORECARD

Name:

Date:

## OLYMPIC WEIGHTLIFTING

### 01. Clean (& Jerk)

Hang Power Clean - 5 Reps:

If heavier than 115/85# move on to...

Power Clean - 1 RM:

If your best Power Clean is heavier than 200/140# move on to...

Clean & Jerk - 1 RM:

Notes:

Level Achieved: (circle one)

- WHITE 1
- YELLOW 1 2 3
- ORANGE 1 2 3
- BLUE 1 2 3
- PURPLE 1 2 3
- BROWN 1 2 3
- BLACK

### 02. Snatch

What is your Weight Lifting Total?

If heavier than 395/255# move on to...

Snatch - 1 RM:

If not work your technique

Hang Power Snatch - 3 RM:

Notes:

Level Achieved: (circle one)

- WHITE 1
- YELLOW 1 2 3
- ORANGE 1 2 3
- BLUE 1 2 3
- PURPLE 1 2 3
- BROWN 1 2 3
- BLACK