



# SCORECARD

Name:

Date:

## 02. Aerobic Power Intervals

Station	Round 1	Round 2	Round 3
Wall Balls:			
Hang Power Clean:			
Box Jump Step Down:			
Push Press:			
Burpees:			

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

Total Reps: