



Test 23.3 - For Time - Cap Time 12 minutes ✔	
5m bear walk	
25 jumping jacks / SU	
15 plate GTOH	
5m bear walk	
25 jumping jacks / SU	
12 plate GTOH	
5 wall walks	
30 jumping jacks / SU	
9 plate GTOH	
5 wall walks	
30 jumping jacks / SU	
6 plate GTOH	



OPEN 23.3
for Kids!

**NO PAIN
NO TARTINE**

For Time - TC 12'

- 5 m Bear crawl
- 25 SU ou Jumping jacks
- 15 GTOH
- 5 m Bear crawl
- 25 SU ou Jumping jacks
- 12 GTOH
- 5 Wall walks
- 30 SU ou Jumping jacks
- 9 GTOH
- 5 Wall walks
- 30 SU ou Jumping jacks
- 6 GTOH

Prénom de l'athlète :	SCORE ou TEMPS =
Signature de l'athlète :	Signature du juge :