



Relay Workout Scorecard

Team Name:

Synchro Burpees to Plate	10	20	30	40	50
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Round 1 Lungesters	10	10	10	10	10	10	10	10	10	10
Round 1 Sit Ups	10	10	10	10	10	10	10	10	10	10
Round 2 Lungesters	10	10	10	10	10	10	10	10	10	10
Round 2 Sit Ups	10	10	10	10	10	10	10	10	10	10

Synchro Weighted Burpees	10	20	30	40	50
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Time:

[SUBMIT SCORE HERE](#)