



DFC
بطولة دبي للياقة البدنية
Dubai Fitness Championship

Part A / 0:00 - 8:00

	R1	R2	R3	R4	R5	R6	R7	R8
40 CAL ROW	40	40	40	40	40	40	40	40
30 SHOULDER TO OVERHEAD	30	30	30	30	30	30	30	30
20 BAR FACING BURPEES	20	20	20	20	20	20	20	20
	90	180	270	360	450	540	630	720

Part B / 8:00 - 15:00

3RM MAX OVERHEAD SQUAT

Kg

FINAL SCORE

Part A

REPS:

Part B

WEIGHT:

Kg

Submission Instructions:

- 1) Log into www.competitioncorner.net
- 2) Select 'Submit Scores' on the left panel
- 3) Key in final score and add video link

ATHLETE NAME

X

GENDER

Male Female

JUDGE NAME

X