

TABATA Score Sheet

Name _____

Rounds	Pull-ups	Push-ups	Sit-ups	Squats
1				
2				
3				
4				
5				
6				
7				
8				

20 seconds work
10 seconds break
8 Rounds each

TABATA This! Score Sheet

Name _____

Rounds	Row Calories	Squats Reps	Pull-ups Reps	Push-ups Reps	Sit-ups Reps
1					
2					
3					
4					
5					
6					
7					
8					

20 seconds work

10 seconds break

8 Rounds each

Lowest rep in each round is Score for that exercise:

Add each score together for your Total

Fight Gone Bad Scoresheet

Exercise	Round 1	Round 2	Round 3	Total
WALL BALL				
SDLHP				
BOX JUMP				
PUSH PRESS				
ROW / Burpee				
Total				

Exercise	Round 1	Round 2	Round 3	Total
WALL BALL				
SDLHP				
BOX JUMP				
PUSH PRESS				
ROW / Burpee				
Total				

As many reps of each exercise each minute, One minute rest between rounds

Lynne -
 Max bodyweight bench press
 and
 Max Pull ups
 5 Rounds

	Bench Press	Pull-ups		Bench Press	Pull-ups
Round 1			Round 1		
Round 2			Round 2		
Round 3			Round 3		
Round 4			Round 4		
Round 5			Round 5		
	Bench Press	Pull-ups		Bench Press	Pull-ups
Round 1			Round 1		
Round 2			Round 2		
Round 3			Round 3		
Round 4			Round 4		
Round 5			Round 5		
	Bench Press	Pull-ups		Bench Press	Pull-ups
Round 1			Round 1		
Round 2			Round 2		
Round 3			Round 3		
Round 4			Round 4		
Round 5			Round 5		
	Bench Press	Pull-ups		Bench Press	Pull-ups
Round 1			Round 1		
Round 2			Round 2		
Round 3			Round 3		
Round 4			Round 4		
Round 5			Round 5		
	Bench Press	Pull-ups		Bench Press	Pull-ups
Round 1			Round 1		
Round 2			Round 2		
Round 3			Round 3		
Round 4			Round 4		
Round 5			Round 5		

Name					
SHOULDER PRESS					
1					
2					
3					
4					
5					
PUSH PRESS X 3					
1					
2					
3					
4					
5					
PUSH JERK X 5					
1					
2					
3					
4					
5					

Barbara - 5 Rounds each for time:
 20 Pull-ups
 30 Push-ups
 40 Sit-ups
 50 Squats
 3 minute rest between each round

Round 1		
	Completed	
Round 2	Start	
	Completed	
Round 3	Start	
	Completed	
Round 4	Start	
	Completed	
Round 5	Start	
	Completed	

Round 1		
	Completed	
Round 2	Start	
	Completed	
Round 3	Start	
	Completed	
Round 4	Start	
	Completed	
Round 5	Start	
	Completed	

Round 1		
	Completed	
Round 2	Start	
	Completed	
Round 3	Start	
	Completed	
Round 4	Start	
	Completed	
Round 5	Start	
	Completed	

Round 1		
	Completed	
Round 2	Start	
	Completed	
Round 3	Start	
	Completed	
Round 4	Start	
	Completed	
Round 5	Start	
	Completed	

Max Body-weight Bench press
 Max Pull-ups
 Max Body-weight Back squat
 5 Rounds

	Bench Press	Pull-ups	Back Squat		Bench Press	Pull-ups	Back Squat
Rnd 1				Rnd 1			
Rnd 2				Rnd 2			
Rnd 3				Rnd 3			
Rnd 4				Rnd 4			
Rnd 5				Rnd 5			
	Bench Press	Pull-ups	Back Squat		Bench Press	Pull-ups	Back Squat
Rnd 1				Rnd 1			
Rnd 2				Rnd 2			
Rnd 3				Rnd 3			
Rnd 4				Rnd 4			
Rnd 5				Rnd 5			
	Bench Press	Pull-ups	Back Squat		Bench Press	Pull-ups	Back Squat
Rnd 1				Rnd 1			
Rnd 2				Rnd 2			
Rnd 3				Rnd 3			
Rnd 4				Rnd 4			
Rnd 5				Rnd 5			
	Bench Press	Pull-ups	Back Squat		Bench Press	Pull-ups	Back Squat
Rnd 1				Rnd 1			
Rnd 2				Rnd 2			
Rnd 3				Rnd 3			
Rnd 4				Rnd 4			
Rnd 5				Rnd 5			
	Bench Press	Pull-ups	Back Squat		Bench Press	Pull-ups	Back Squat
Rnd 1				Rnd 1			
Rnd 2				Rnd 2			
Rnd 3				Rnd 3			
Rnd 4				Rnd 4			
Rnd 5				Rnd 5			