



WORKOUT

„GTD 2020“ Chipper, TC 20min

Exercise	Reps			
	5	10	15	20
20 Toes to Bar	5	10	15	20
20 Deadlifts	5	10	15	20
20 Pull Ups	5	10	15	20
20 Cleans	5	10	15	20
20 Chest to Bar	5	10	15	20
20 Thruster	5	10	15	20
20 Bar Muscle-Ups	5	10	15	20
20 Snatches	5	10	15	20

TIME/REPS AT 20 MINUTES: _____

Weights

Male

70 kg
155 lbs

Female

47,5 kg
105 lbs

Submission Deadline is January 20th

REMEMBER

- You must submit a valid video link of your video with your submission of your score
- You must make sure that the video can be watched (e.g. copyright issues on YouTube)
- You must make sure to read the description to be aware of details
- You must make sure that your video is good enough that your score can be judged

Any athlete with questions, concerns or problems in general should contact support@germanthrowdown.de.
Any athlete with questions concerning Competition Corner should contact support@competitioncorner.net.