



# 20.2

presented by



## WORKOUT

AMRAP 7 min, 35 Burpees over the Rower and Row for Distance

Exercise	Reps						
	5	10	15	20	25	30	35
35 Burpees over the Rower							
Row for Distance	Max Distance						

DISTANCE AT 7 MINUTES: \_\_\_\_\_

## Disclaimer

The athlete must stop pulling once 7 minutes are over.  
It is ok for the monitor to continue counting the final meters.

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## 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](mailto:support@germanthrowdown.de).

Any athlete with questions concerning Competition Corner should contact [support@competitioncorner.net](mailto:support@competitioncorner.net).