



20.4
presented by
Reebok 

WORKOUT

10 Rep Max Front Squat, TC 5 min

**WEIGHT OF
10 REP MAX: _____**

Disclaimer

The highest weight that can be moved unbroken for 10 reps within the 5 minutes will be your score.

After finishing 20.4, take the plates off the bar so we can count your weights.

Submission Deadline is January 27th

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.