



# 21.1

presented by



## WORKOUT

5 Rds: 50 Air Squats, 500m Row  
into: 30 Squat Snatches

20 min TC  
finish the 5 Rds before  
doing the Snatches

## 21.1

	Round 1	Round 2	Round 3	Round 4	Round 5
Air Squats	50	50	50	50	50
Row	500	500	500	500	500

TIME FOR SQUATS & ROW: \_\_\_\_\_

Squat Snatches	10	10	10
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TIME OR REPS AT 20 MINUTES: \_\_\_\_\_

## VARIATIONS

### Elite

Women use 43kg  
Men use 60kg

### Master 45+

Women use 30kg  
Men use 43kg

### Teen

Women use 30kg  
Men use 43kg

### Intermediate

Women use 30kg  
Men use 43kg

### Scaled

Women use 15kg  
Men use 20kg

### Master 35

Women use 43kg  
Men use 60kg

### Master 35 Scaled

Women use 15kg  
Men use 20kg

### Master 40

Women use 43kg  
Men use 60kg

### Master 45+ Scaled

Women use 15kg  
Men use 20kg

**Submission Deadline is August 30th**

## 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