



# 21.2

presented by



**FOR TIME (TC 10 MIN)**  
**50 Bar Facing Burpees**  
**30 Deadlift**

## 21.2

	REPS	REPS	REPS	REPS	REPS
Burpees	10	10	10	10	10

	REPS	REPS	REPS
Deadlifts	10	10	10

TIME OR REPS AT 10 MINUTES: \_\_\_\_\_

### VARIATIONS

#### Elite

Women use 70kg  
Men use 100kg

#### Intermediate

Women use 52,5kg  
Men use 70kg

#### Master 35

Women use 70kg  
Men use 100kg

#### Master 40

Women use 70kg  
Men use 100kg

#### Master 45+

Women use 52,5kg  
Men use 70kg

#### Scaled

Women use 43kg  
Men use 60kg

#### Master 35 Scaled

Women use 43kg  
Men use 60kg

#### Master 45+ Scaled

Women use 43kg  
Men use 60kg

#### Teen

Women use 52,5kg  
Men use 70kg

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**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

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).