



# 21.3

presented by



## WORKOUT

21.3 Part A: 10 min AMRAP of DB Thruster & Double-Under

- Rest 2 min, then directly into -

21.3 Part B: 3 min AMRAP of Shoulder to Overhead

ROUND	DB Thruster	Double-Under
1	3	60
2	6	60
3	9	60
4	12	60
5	15	60
6	18	60
7	21	60
8	24	60
9	27	60
10	30	60

REPS AT 10 MINUTES (SCORE 21.3 PART A): \_\_\_\_\_

	Shoulder to Overhead
Max Effort	

REPS AT 3 MINUTES (SCORE 21.3 PART B): \_\_\_\_\_

## VARIATIONS

Elite, Master 35, Master 40

2x 15kg/ 2x 22,5kg DB | 60kg/ 85kg S20H

Master 45+

2x 10kg/ 2x 15kg DB | 43kg/ 60kg S20H

Intermediate, Teen

2x 10kg/ 2x 15kg DB | 43kg/ 60kg S20H

Scaled, Master 35 Scaled, Master 45+ Scaled

15kg /20kg Barbell Thruster | Single-Under | 15kg/ 20kg S20H

**Submission Deadline is September 6th**

## 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).