



IQ1

presented by



WORKOUT

IQ1a: 1000m Row

IQ1b: 60 - 40 - 20 DB Snatches & 30 - 20 - 10 Burpee Box Jump Over

25 min TC
each event scored separately

IQ1a

1000m Row	500	500	directly into IQ1b
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TIME FOR ROW: _____

IQ1b

	Round 1	Round 2	Round 3
DB Snatch	60	40	20
BBJO	30	20	10

TIME **OR** REPS AT 25 MINUTES: _____

VARIATIONS

Elite

Women use 15kg
Men use 22,5kg

Intermediate

Women use 15kg
Men use 22,5kg

Master 35

Women use 15kg
Men use 22,5kg

Master 40

Women use 15kg
Men use 22,5kg

Master 45+

Women use 15kg
Men use 22,5kg

Scaled

Women use 10kg
Men use 15kg

Master 35 Scaled

Women use 10kg
Men use 15kg

Master 45+ Scaled

Women use 10kg
Men use 15kg

Teen

Women use 15kg
Men use 22,5kg

Submission Deadline is September 2nd

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.