



WORKOUT

IQ3: 20 min AMRAP of (strict) Cindy

ROUND	5 Pull-Ups, 10 Push-Ups, 15 Air Squats	ROUND	5 Pull-Ups, 10 Push-Ups, 15 Air Squats
1	30	16	480
2	60	17	510
3	90	18	540
4	120	19	570
5	150	20	600
6	180	21	630
7	210	22	660
8	240	23	690
9	270	24	720
10	300	25	750
11	330	26	780
12	360	27	810
13	390	28	840
14	420	29	870
15	450	30	900

REPS AT 20 MINUTES: _____

VARIATIONS

Elite, Master 35, Master 40

Strict Cindy

Master 45+

Male: Strict Cindy, Female: Regular Cindy

Intermediate, Teen

Regular Cindy (kipping/butterfly Pull-Ups)

Scaled, Master 35 Scaled, Master 45+ Scaled

Jumping Pull-Ups

Submission Deadline is September 9th

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.