



Q 18.2

presented by

SUPRIFIT

WORKOUT

18.2a: 5 rounds for time of Calorie Row, Double-Unders & Overhead Squats

18.2b: One-Rep-Max Overhead Squat

22 minutes to complete
18.2a **AND** 18.2b

18.2a

ROUND	Calorie-Row	Double-Under	Overhead-Squat
1	Male 20 / Female 16	50	5
2	Male 20 / Female 16	50	10
3	Male 20 / Female 16	50	15
4	Male 20 / Female 16	50	20
5	Male 20 / Female 16	50	25

TIME **OR** REPS AT 22 MINUTES: _____

18.2b

1RM Overhead-Squat <small>(Barbell starts on the ground)</small>	
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VARIATIONS

Elite

Women use 35kg
Men use 50kg

Master 35-44

Women use 35kg
Men use 50kg

Team

Women use 35kg
Men use 50kg

Intermediate

Women use 25kg
Men use 35kg

Master+ 45+

Women use 25kg
Men use 35kg

Teens

Women use 25kg
Men use 35kg

Scaled

Women use 15kg, perform 100 single-under
Men use 20kg, perform 100 single-under

Scaled Master 35-44

Women use 15kg, perform 100 single-under
Men use 20kg, perform 100 single-under

Scaled Master+ 45+

Women use 15kg, perform 100 single-under
Men use 20kg, perform 100 single-under

Submission Deadline is August 26th

REMEMBER (except Scaled)

- 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)
- Teams must submit all individual scores and the respective video links to each score
- 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.