



Q 18.3
presented by
Reebok 

WORKOUT

21 - 15 - 9 for time of:
Burpee Boxjump-Overs (Note: Burpee Open Standard & Line on the floor)
Deadlifts

21 Burpee Boxjump-Overs	21
15 Burpee Boxjump-Overs	57
9 Burpee Boxjump-Overs	81

21 Deadlifts	42
15 Deadlifts	72
9 Deadlifts	90

TIME FOR 90 REPS: _____

VARIATIONS

Elite

Women use 20" box & 70kg
Men use 24" box & 100kg

Master 35-44

Women use 20" box & 70kg
Men use 24" box & 100kg

Team

Women use 20" box & 70kg
Men use 24" box & 100kg

Intermediate

Women use 20" box & 50kg
Men use 24" box & 80kg

Master+ 45+

Women use 20" box & 50kg
Men use 24" box & 80kg

Teens

Women use 20" box & 50kg
Men use 24" box & 80kg

Scaled

Women use 20" box & 40kg
Men use 24" box & 60kg
Note: No Burpee Open Standard & Step-Ups are allowed

Scaled Master 35-44

Women use 20" box & 40kg
Men use 24" box & 60kg
Note: No Burpee Open Standard & Step-Ups are allowed

Scaled Master+ 45+

Women use 20" box & 40kg
Men use 24" box & 60kg
Note: No Burpee Open Standard & Step-Ups are allowed

Submission Deadline is September 2nd

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.