



# TQ 19.3

presented by

## SUPR FIT

### WORKOUT

TQ3a: Front Squat DT, M or F

TQ3b: Standard DT, M or F

15 min TC  
one M/F pair does TQ3,  
the other pair does TQ4

### TQ3a / TQ3b

ROUND	Deadlift	FS/HPC	STOH
1	12	9	6
2	12	9	6
3	12	9	6
4	12	9	6
5	12	9	6

TIME **OR** REPS AT 15 MINUTES: \_\_\_\_\_

### DISCLAIMER

Teams have to decide which athlete does which workout. Each athlete will do one workout per week. One M/F pair will do TQ3 while the other pair will do TQ4. They have to decide who does which version of TQ3. When the male does TQ3a the female does TQ3b and vice versa. TQ4 is the same for both athletes. Make sure to watch the explanation video.

### VARIATIONS

#### Elite Team

Women use 47,5kg

Men use 70kg

#### Intermediate Team

Women use 35kg

Men use 50kg

**Submission Deadline is August 5th**

### 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)
- 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](mailto:support@germanthrowdown.de).

Any athlete with questions concerning Competition Corner should contact [support@competitioncorner.net](mailto:support@competitioncorner.net).