



TQ 19.4

presented by



WORKOUT

TQ4: 10 min AMRAP of strict Cindy

10 min AMRAP
M and F

TQ4

ROUND	5 Pull-Ups 10 Push-Ups 15 Air Squats	ROUND	5 Pull-Ups 10 Push-Ups 15 Air Squats
1	30	11	330
2	60	12	360
3	90	13	390
4	120	14	420
5	150	15	450
6	180	16	480
7	210	17	510
8	240	18	540
9	270	19	570
10	300	20	600

REPS AT 10 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. TQ4 is the same for both athletes and the score of TQ4 is the sum of both scores. Make sure to watch the explanation video.

VARIATIONS

Elite Team

strict Cindy
(strict Pull-Ups)

Intermediate Team

regular Cindy
(kipping/butterfly allowed)

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.

Any athlete with questions concerning Competition Corner should contact support@competitioncorner.net.