



IQ24.2

presented by



FOR TIME
15 MIN TC
24.2: Chipper for time

24.2	Reps
60 Wall Ball	60
20 Strict Handstand Push-Ups	20
30 Chest-To-Bar Pull-Ups	30
50 Wall ball	50
30 Kipping Handstand Push-Ups	30
20 Bar Muscle-Up	20
40 Wall Ball	40

TIME OR REPS AT 15 MIN: _____

VARIATIONS

Elite, Master 35,
- Male: 9kg Wall Ball
- Female: 6kg Wall Ball

Intermediate, Master 40, Master 45+, Teens

60 Wall Balls
20 Kipping Handstand Push-Ups
30 Pull-Ups
50 Wall Balls
30 Kipping Handstand Push-Ups
20 Chest-To-Bar Pull-Ups
40 Wall Balls

Submission Deadline is July 15th, 17.59h

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 competition@germanthrowdown.de.
Any athlete with questions concerning Circle21 should contact contact@circle21.app.