



# IQ24.3

presented by



**WORKOUT**

(13 min TC)

**24.3: AMRAP**

	Reps
3 Rounds	
12 Double Dumbbell Hang to Overhead	3x12
24 Double Under	3x24
3 Rounds	
12 Double Dumbbell Hang to Overhead	3x12
24 Double Under	3x24
3 Rounds	
12 Double Dumbbell Hang to Overhead	3x12
24 Double Under	3x24

AMRAP	Reps
Max rep Devil Press in the remaining time	

**VARIATIONS**

Elite, Master 35,  
- 30/22,5kg  
- 22,5/15kg  
- 15/10kg (+ AMRAP)

Intermediate, Master 40,45, Teens:

**6 Rounds**  
- 12 Double Dumbbell Hang to Overhead **2x22,5/15k**  
- 24 Double Under

3 Rounds  
- 12 Double Dumbbell Hang to Overhead 2x15/10kg  
- 24 Double Under

Max Rep Devil Press in the remaining time 2x15/10kg

**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 in general should contact [competition@germanthrowdown.de](mailto:competition@germanthrowdown.de).  
Any athlete with questions concerning Circle21 should contact [contact@circle21.app](mailto:contact@circle21.app).