



IQ22.3

presented by



BEYOND RED®

WORKOUT

(14 min TC)

22.3 A1: on the 00:00 min 1 Rep-Max Overhead Squat

22.3 B: on the 02:00 min 21-15-9 Thruster, 12-9-6 BMU

22.3 A2: on the 10:00 min 1 Rep-Max Squat Snatch

22.3 A1	Weight
Overhead Squat	

MAX WEIGHT OHS: _____

22.3 B	Reps
21 Thruster	21
12 BMU	12
15 Thruster	15
9 BMU	9
9 Thruster	9
6 BMU	6

TIME OR REPS AT 10 MIN: _____

22.3 A2	Weight
Squat Snatch	

MAX WEIGHT SQUAT SNATCH: _____

SUM A1 + A2: _____

VARIATIONS

Elite, Master 35, Master 40
35 / 50 kg Thruster

Intermediate
30 / 40 kg Thruster
9/6/3 BMU

Master 45+, Teens
30 / 40 kg Thruster
12/9/6 C2B

Submission Deadline is Aug 29th, 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 support@germanthrowdown.de.

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