



# IQ23.1

presented by

**VELITES**

## WORKOUT

(15 min TC)

23.1 A: chipper for time

23.1 B: in remaining time: max weight complex of  
Squat Clean + Hang Squat Clean

23.1 A	Reps
30 Cal Row	30
60 Double Under	60
15 Cleans	15
20 Cal Row	20
40 Double Under	40
12 Cleans	12
10 Cal Row	10
20 Double Under	20
9 Cleans	9

TIME OR REPS AT 15 MIN: \_\_\_\_\_

23.1 B	Weight
Squat Clean + Hang Squat Clean	

MAX WEIGHT COMPLEX: \_\_\_\_\_

## VARIATIONS 23.1A

Elite, Master 35,  
- Male: 70/80/90 kg  
- Female: 50/60/70kg

Intermediate, Master 40, Master 45+, Teens  
- Male: 60/70/80 kg  
- Female: 40/50/60kg

**Submission Deadline is Aug 14th, 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
- You must film the video with the WodProof App and connect via Bluetooth, so the Cal Counter is visible

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).