



# IQ23.2

presented by



## CLASSIC CHIPPER

(12 min TC)

23.2: chipper for time

23.2	Reps
20 Burpee over Bar	20
7,5m Overhead Lunges	7,5m
30 Overhead Squats	30
7,5m Overhead Lunges	7,5m
40 Deadlift	40
7,5m Overhead Lunges	7,5m
30 Overhead Squats	30
7,5m Overhead Lunges	7,5m
20 Burpee over Bar	20

TIME OR REPS AT 12 MIN: \_\_\_\_\_

### VARIATIONS

Elite, Master 35,

- Male: 50kg

- Female: 35kg

Intermediate, Master 40, Master 45+, Teens

- Male: 40kg

- Female: 30kg

**Submission Deadline is Aug 21st, 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](mailto:support@germanthrowdown.de).

Any athlete with questions concerning Competition Corner should contact [support@competitioncorner.net](mailto:support@competitioncorner.net).