



IQ23.3

presented by



WORKOUT

(8 min TC)

23.3: AMRAP

| | Reps |
|-----------------------------|------|
| 18 Chest To Bar Pull-Ups | 18 |
| 18 Box Jump Over | 18 |
| 9 Chest To Bar Pull-Ups | 9 |
| 9 Box Jump Over | 9 |
| 18 Toes to Bar | 18 |
| 18 Box Jump Over | 18 |
| 9 Toes to Bar | 9 |
| 9 Box Jump Over | 9 |
| 18 strict Handstand Push-Up | 18 |
| 18 Box Jump Over | 18 |
| 9 strict Handstand Push-Up | 9 |
| 9 Box Jump Over | 9 |

TIE-BREAK: _____

| | Reps |
|----------------------|-------------------|
| 12 RING MUSCLE-UPS | 12 |
| AMRAP Handstand Walk | 1 section = 1 rep |

TOTAL REPS: _____

VARIATIONS

Elite, Master 35,
- as prescribed

Intermediate, Master 40, Master 45+, Teens

- Pull-Ups instead of C2B
- Kipping HSPU instead of strict HSPU
- 10 Bar Muscle-Ups instead of 12 Ring Muscle-Ups

- Max effort wall walks instead of
Max effort Handstand Walk

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.

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