



IQ24.1

presented by



WORKOUT

(15 min TC)

24.1 A: chipper for time (10 min TC)

24.1 B: in remaining time (5 min TC): max weight complex of
Squat Snatch + Power Snatch + OHS + Power Snatch + Squat Snatch

24.1 A	Reps
40 Cal Row	40
21 High Box Jump Over	21
21 Overhead Squats	21
30 Cal Row	30
15 High Box Jump Over	15
15 Overhead Squats	15
20 Cal Row	20
9 High Box Jump Over	9
9 Overhead Squats	9

TIME OR REPS AT 10 MIN: _____

24.1 B	Weight
Squat Snatch + Power Snatch + OHS + Power Snatch + Squat Snatch	

MAX WEIGHT COMPLEX: _____

VARIATIONS 24.1A

Elite, Master 35,
- Male: 50/70/90 kg
- Female: 35/50/65kg

Intermediate, Master 40, Master 45+, Teens
- Male: 40/60/80 kg
- Female: 30/40/55kg

Submission Deadline is July 8th, 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 guarantee, that the display of the rower is always readable

Any athlete with questions, concerns or problems in general should contact competition@germanthrowdown.de.
Any athlete with questions concerning Circle21 should contact contact@circle21.app.