



TQ23.2

presented by



CLASSIC CHIPPER

(12 min TC)

23.2: chipper for time

23.2	Reps
20 Burpee over Bar	20
7,5m Front Rack Lunges	1
30 Back Squats	30
7,5m Front Rack Lunges	1
40 Deadlift	40
7,5m Front Rack Lunges	1
30 Back Squats	30
7,5m Front Rack Lunges	1
20 Burpee over Bar	20

TIME OR REPS AT 12 MIN: _____

VARIATIONS

Elite Team, Intermediate Team

- Male: 50kg

- Female: 35kg

Submission Deadline is Sep 18th, 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.