



TQ23.3

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 |
|----------------------|--------------|
| 15m Handstand Walk | 6 |
| AMRAP Bar Muscle-Ups | 1 MU = 1 rep |

TOTAL REPS IN 8 MIN: _____

VARIATIONS

Elite Team,
- as prescribed

Intermediate Team
- Pull-Ups instead of C2B
- Kipping HSPU instead of strict

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.