



# TQ24.1

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 clean + Power Clean + Front Squat + Power Clean + Squat Clean

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

TIME OR REPS AT 10 MIN: \_\_\_\_\_

24.1 B	Weight
Squat clean + Power clean + Front squat + Power clean + Squat clean	

MAX WEIGHT COMPLEX: \_\_\_\_\_

**WEIGHTS 24.1A**

**Elite Team**

- Male: 60/80/100 kg
- Female: 40/55/70 kg

**Intermediate Team**

- Male: 40/60/80 kg
- Female: 30/40/55 kg

**Submission Deadline is August 5th, 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](mailto:competition@germanthrowdown.de).  
Any athlete with questions concerning Circle21 should contact [contact@circle21.app](mailto:contact@circle21.app).