



TQ24.3

presented by



WORKOUT

(13 min TC)

24.3: AMRAP

	Reps
3 Rounds	
12 Double Dumbbell Hang to Overhead	3x12
24 Double Under	3x24
3 Rounds	
12 Double Dumbbell Hang to Overhead	3x12
24 Double Under	3x24
3 Rounds	
12 Double Dumbbell Hang to Overhead	3x12
24 Double Under	3x24

AMRAP	Reps
Max rep Devil Press in the remaining time	

VARIATIONS

Elite

- 30/22,5kg
- 22,5/15kg
- 15/10kg (+ AMRAP)

Intermediate:

6 Rounds

- 12 Double Dumbbell Hang to Overhead 2x22,5/15kg
- 24 Double Under

3 Rounds

- 12 Double Dumbbell Hang to Overhead 2x15/10kg
- 24 Double Under

Max Rep Devil Press in the remaining time 2x15/10kg

Submission Deadline is August 12th, 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 in general should contact competition@germanthrowdown.de.
Any athlete with questions concerning Circle21 should contact contact@circle21.app.