



WORKOUT

AMRAP 7 min, 35 Burpees over the Rower and Row for Distance

Exercise	Reps						
35 Burpees over the Rower							
	5	10	15	20	25	30	35
Row for Distance							Max Distance

DISTANCE AT 7 MINUTES:_____

Disclaimer

The athlete must stop pulling once 7 minutes are over.
It is ok for the monitor to continue counting the final meters.

Submission Deadline is January 20th

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.