



**20.4**  
presented by  
**Reebok** 

### WORKOUT

10 Rep Max Front Squat, TC 5 min

**WEIGHT OF  
10 REP MAX:** \_\_\_\_\_

### Disclaimer

The highest weight that can be moved unbroken for 10 reps within the 5 minutes will be your score.

After finishing 20.4, take the plates off the bar so we can count your weights.

---

**Submission Deadline is January 27th**

### 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](mailto:support@germanthrowdown.de).

Any athlete with questions concerning Competition Corner should contact [support@competitioncorner.net](mailto:support@competitioncorner.net).