



# TQ22.3

presented by



## WORKOUT

(14 min TC)

22.3 A1: on the 00:00 min 1 Rep-Max Overhead Squat

22.3 B: on the 02:00 min 21-15-9 C&J, 12-9-6 BMU

22.3 A2: on the 10:00 min 1 Rep-Max Squat Snatch

22.3 A1	Weight
Overhead Squat	

MAX WEIGHT OHS: \_\_\_\_\_

22.3 B	Reps
21 C&J	21
12 BMU	12
15 C&J	15
9 BMU	9
9 C&J	9
6 BMU	6

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

22.3 A2	Weight
Squat Snatch	

MAX WEIGHT SQUAT SNATCH: \_\_\_\_\_

SUM A1 + A2: \_\_\_\_\_

## VARIATIONS

Elite Team, Duos  
35 / 50 kg C&J

Intermediate Team  
30 / 40 kg C&J  
1 M/F pair does BMU, 1 M/F pair does C2B

**Submission Deadline is Aug 1st, 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](mailto:support@germanthrowdown.de).

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