



WORKOUT

IQ2: Front Squat DT

IQ2

ROUND	Deadlift	FS	STOH
1	12	9	6
2	12	9	6
3	12	9	6
4	12	9	6
5	12	9	6

TIME **OR** REPS AT 15 MINUTES: _____

VARIATIONS

Elite

Women use 47,5kg
Men use 70kg

Intermediate

Women use 40kg
Men use 60kg

Master 35

Women use 47,5kg
Men use 70kg

Master 40

Women use 47,5kg
Men use 70kg

Master 45+

Women use 40kg
Men use 60kg

Scaled

Women use 30kg
Men use 40kg

Master 35 Scaled

Women use 30kg
Men use 40kg

Master 45+ Scaled

Women use 30kg
Men use 40kg

Teen

Women use 40kg
Men use 60kg

Submission Deadline is September 9th

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.