



IQ22.1

presented by



WORKOUT

For Time (14 min TC)

Start each min with 15 Double-Unders, then:

- Even minutes: max. Double DB Devil Press

- Odd minutes: max. Double DB Box Step-Overs

The workout is finished when 50 reps of each movement are completed

Please note:

- When finished 50 reps of one movement, you may do the other movement in even & odd minutes
- When workout is not finished within 14 mins, the score you enter does NOT include Double-Under

Min	Exercise / Reps
1	Devil Press
2	Box Step-Over
3	Devil Press
4	Box Step-Over
5	Devil Press
6	Box Step-Over
7	Devil Press
8	Box Step-Over
9	...
10	...
11	...
12	...
13	...
14	...

TIME OR REPS AT 14 MIN: _____

VARIATIONS

Elite, Master 35, Master 40
2x 15 kg / 2x 22,5 kg DB

Intermediate, Master 45+, Teens
2x 10 kg / 2x 15 kg DB

Box Height:
All Divisions: 20 inches

Submission Deadline is August 22nd, 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.

Any athlete with questions concerning Competition Corner should contact support@competitioncorner.net.