



WORKOUT

AMRAP 15 min

19 Wallballs

19 Toes-to-Bar

19 Calories Row

IQ22.2

presented by



Round	Wallballs	T2B	Cal Row
1	19	19	19
2	19	19	19
3	19	19	19
4	19	19	19
5	19	19	19
6	19	19	19
7	19	19	19
8	19	19	19
9	19	19	19
10	19	19	19

REPS AT 15 MIN: _____

VARIATIONS

All Divisions

6 / 9 kg Wallball

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.