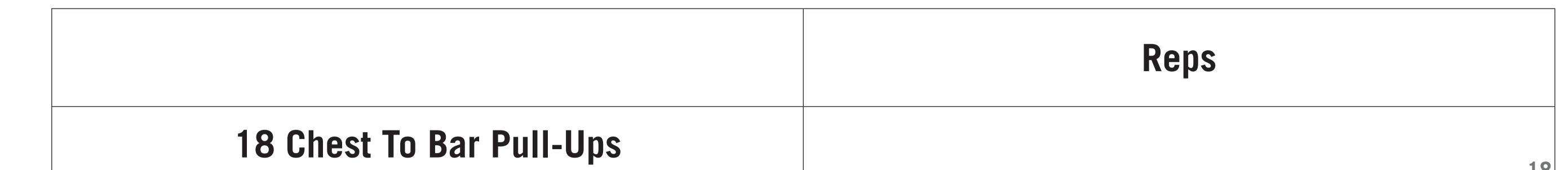


WORKOUT (8 min TC) **23.3: AMRAP**

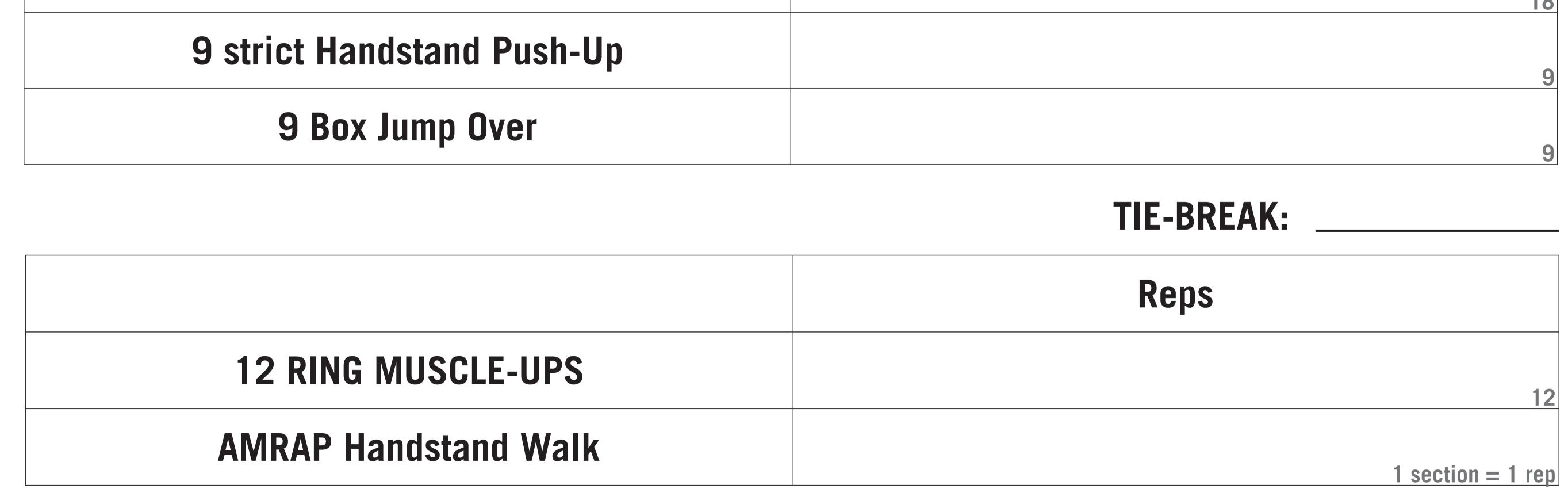


presented by





	18
18 Box Jump Over	18
9 Chest To Bar Pull-Ups	9
9 Box Jump Over	9
18 Toes to Bar	18
18 Box Jump Over	18
9 Toes to Bar	9
9 Box Jump Over	9
18 strict Handstand Push-Up	18
18 Box Jump Over	18



TOTAL REPS:

VARIATIONS

Elite, Master 35, - as prescribed

Intermediate, Master 40, Master 45+, Teens - Pull-Ups instead of C2B

- Max effort wall walks instead of

- Kipping HSPU instead of strict HSPU
- 10 Bar Muscle-Ups instead of 12 Ring Muscle-Ups

Max effort Handstand Walk

Submission Deadline is Aug 21st, 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 <u>support@germanthrowdown.de</u>. Any athlete with questions concerning Competition Corner should contact <u>support@competitioncorner.net</u>.