



WORKOUT

Complete as many reps as possible in 7 mins of:

3 Clean&Jerks	3	3 Chest to Bar	6	Tiebreak Time
6 Clean&Jerks	12	6 Chest to Bar	18	Tiebreak Time
9 Clean&Jerks	27	9 Chest to Bar	36	Tiebreak Time
12 Clean&Jerks	48	12 Chest to Bar	60	Tiebreak Time
15 Clean&Jerks	75	15 Chest to Bar	90	Tiebreak Time
18 Clean&Jerks	108	18 Chest to Bar	126	Tiebreak Time
21 Clean&Jerks	147	21 Chest to Bar	168	Tiebreak Time
24 Clean&Jerks	192	24 Chest to Bar	216	Tiebreak Time
27 Clean&Jerks	243	27 Chest to Bar	270	Tiebreak Time

VARIATIONS

Elite

Women use 40kg
Men use 60kg

Intermediate

Women use 35kg, perform chin-over-bar pull-ups
Men use 50kg, perform chest-to-bar pull-ups

Scaled

Women use 25kg, perform jumping chin-over-bar pull-up
Men use 35kg, perform jumping chin-over-bar pull-up

Master 35-44

Women use 40kg
Men use 60kg

Master+ 45+

Women use 35kg, perform chin-over-bar pull-ups
Men use 50kg, perform chest-to-bar pull-ups

Scaled Master 35-44

Women use 25kg, perform jumping chin-over-bar pull-up
Men use 35kg, perform jumping chin-over-bar pull-up

Team

Women use 40kg
Men use 60kg

Teens

Women use 30kg, perform chin-over-bar pull-ups
Men use 40kg, perform chest-to-bar pull-ups

Scaled Master+ 45+

Women use 25kg, perform jumping chin-over-bar pull-up
Men use 35kg, perform jumping chin-over-bar pull-up

Submission Deadline is August 19th

REMEMBER (except Scaled)

- 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)
- Teams must submit all individual scores and the respective video links to each score
- 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.