



# TQ 19.1

presented by



## WORKOUT

TQ1a: 3 rounds for time of Rowing, KB Swings & BBJO for M or F

TQ1b: 1500m Row, 120 KB Swings, 60 BBJO for M or F

20 min TC  
one M/F pair does TQ1,  
the other pair does TQ2

## TQ1a

ROUND	Row	KB Swings	BBJO
1	500	40	20
2	500	40	20
3	500	40	20

TIME OR REPS AT 20 MINUTES: \_\_\_\_\_

## TQ1b

Row	500	500	500
KB Swings	40	40	40
BBJO	20	20	20

TIME OR REPS AT 20 MINUTES: \_\_\_\_\_

## DISCLAIMER

Teams have to decide which athlete does which workout. Each athlete will do one workout per week. One M/F pair will do TQ1 while the other pair will do TQ2. They have to decide who does which version of TQ1. When the male does TQ1a the female does TQ1b and vice versa. TQ2 is the same for both athletes. Make sure to watch the explanation video.

## VARIATIONS

### Elite Team

Women use 16kg

Men use 24kg

### Intermediate Team

Women use 12kg

Men use 16kg

**Submission Deadline is July 29th**

## 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)
- 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](mailto:support@germanthrowdown.de).

Any athlete with questions concerning Competition Corner should contact [support@competitioncorner.net](mailto:support@competitioncorner.net).