



TQ 19.2

presented by



WORKOUT

TQ2: 15 min AMRAP of Wall Balls and Power Snatches

15 min AMRAP
M and F

TQ2

ROUND	Wall Balls	Power Snatches
1	30	15
2	30	15
3	30	15
4	30	15
5	30	15
6	30	15
7	30	15
8	30	15
9	30	15
10	30	15

REPS AT 15 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. TQ2 is the same for both athletes and the score of TQ2 is the sum of both scores. Make sure to watch the explanation video.

VARIATIONS

Elite Team

Women use 30kg
Men use 43kg

Intermediate Team

Women use 25kg
Men use 35kg

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.

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