



# TQ22.1

presented by



BEYOND RED®

## WORKOUT

For Time (14 min TC)

Start each min with 15 Double-Unders, then:

- Even minutes: max. Double KB Snatches
- Odd minutes: max. Double KB Box Step-Ups

The workout is finished when 50 reps of each movement are completed

Please note:

- When finished 50 reps of one movement, you may do the other movement in even & odd minutes
- When workout is not finished within 14 mins, the score you enter does NOT include Double-Under

Min	Exercise / Reps
1	Snatches
2	Box Step-Ups
3	Snatches
4	Box Step-Ups
5	Snatches
6	Box Step-Ups
7	Snatches
8	Box Step-Ups
9	...
10	...
11	...
12	...
13	...
14	...

TIME OR REPS AT 14 MIN: \_\_\_\_\_

## VARIATIONS

Elite Team, Duos  
2x 16 kg / 2x 24 kg KB

Intermediate Team  
2x 12 kg / 2x 20 kg KB

Box Height:  
All Divisions: 20 inches

**Submission Deadline is July 25th, 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](mailto:support@germanthrowdown.de).

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