



## WORKOUT

AMRAP 15 min

19 Wallballs

19 Toes-to-Bar

19 Calories Row

# TQ22.2

presented by



Round	Wallballs	T2B	Cal Row
1	19	19	19
2	19	19	19
3	19	19	19
4	19	19	19
5	19	19	19
6	19	19	19
7	19	19	19
8	19	19	19
9	19	19	19
10	19	19	19

REPS AT 15 MIN: \_\_\_\_\_

## VARIATIONS

Elite Team, Intermediate Team, Duos

6 / 9 kg Wallball

**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).