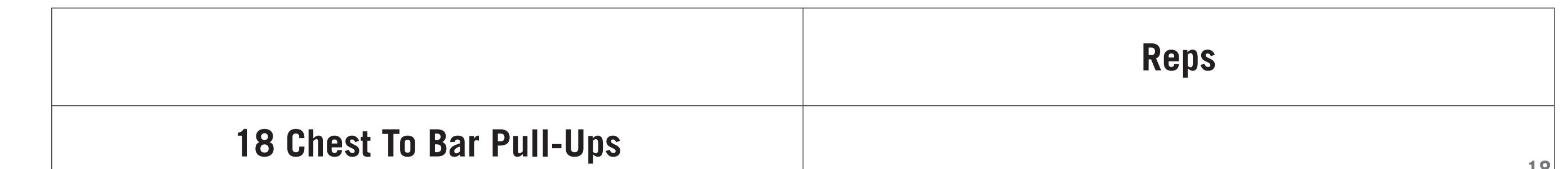


WORKOUT (8 min TC) **23.3: AMRAP**



presented by





	18
18 Box Jump Over	18
9 Chest To Bar Pull-Ups	9
9 Box Jump Over	9
18 Toes to Bar	18
18 Box Jump Over	18
9 Toes to Bar	9
9 Box Jump Over	9
18 strict Handstand Push-Up	18
18 Box Jump Over	18
9 strict Handstand Push-Up	9
9 Box Jump Over	9
	TIE-BREAK:
	Reps
15m Handstand Walk	3
AMRAP Bar Muscle-Ups	
	1 MU = 1 rep

TOTAL REPS IN 8 MIN: _____

VARIATIONS

Elite Team, - as prescribed **Intermediate Team** - Pull-Ups instead of C2B

- Kipping HSPU instead of strict

Submission Deadline is Sep 18th, 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 <u>support@germanthrowdown.de</u>. Any athlete with questions concerning Competition Corner should contact support@competitioncorner.net.