



QUALIFIER WORKOUT 2

— FOR TIME —

Athlete Name:

Division Competing:

ELITE	SPORT	REPS
5 Overhead Squats	5 Front Squats	5
5 Toes-to-bar	5 Hanging Knee Raises	10
10 Overhead Squats	10 Front Squats	20
10 Toes-to-bar	10 Hanging Knee Raises	30
15 Overhead Squats	15 Front Squats	45
15 Toes-to-bar	15 Hanging Knee Raises	60
20 Overhead Squats	20 Front Squats	80
20 Toes-to-bar	20 Hanging Knee Raises	100
15 Overhead Squats	15 Front Squats	115
15 Toes-to-bar	15 Hanging Knee Raises	130
10 Overhead Squats	10 Front Squats	140
10 Toes-to-bar	10 Hanging Knee Raises	150
5 Overhead Squats	5 Front Squats	155
5 Toes-to-bar	5 Hanging Knee Raises	160

Total Time

QUICK GUIDE (Men/Women)

ELITE

Overhead Squat @ 50/35 kg

Toes-to-bar

SPORT

Front Squat @ 35/25 kg

Hanging Knee Raises

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