



QUALIFIER WORKOUT 2

— FOR TIME —

Teame Name:

Division Competing:

ELITE	SPORT	REPS
5 Synchronized Overhead Squats	5 Synchronized Front Squats	5
10 Toes-to-bar	10 Hanging Knee Raises	15
10 Synchronized Overhead Squats	10 Synchronized Front Squats	25
20 Toes-to-bar	20 Hanging Knee Raises	45
15 Synchronized Overhead Squats	15 Synchronized Front Squats	60
30 Toes-to-bar	30 Hanging Knee Raises	90
20 Synchronized Overhead Squats	20 Synchronized Front Squats	110
40 Toes-to-bar	40 Hanging Knee Raises	150
15 Synchronized Overhead Squats	15 Synchronized Front Squats	165
30 Toes-to-bar	30 Hanging Knee Raises	195
10 Synchronized Overhead Squats	10 Synchronized Front Squats	205
20 Toes-to-bar	20 Hanging Knee Raises	225
5 Synchronized Overhead Squats	5 Synchronized Front Squats	230
10 Toes-to-bar	10 Hanging Knee Raises	240

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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Smart Muscle Stimulation