

## **Qualification Workout 24.1 A & B**



## Intermediate Divisions FF / FM / MM

	24.1 A				_			
Team FF / FM / MM Intermediate	Power cleans	3	6	9				
<b>24.1 A</b> FOR TIME	Bar-facing burpees	3	6	9				
Time cap: 10 min	Power cleans	3	6	9	12	15		
All movements synchronic 9 – 15 – 21 reps of:	Bar-facing burpees	3	6	9	12	15	]	
·	Power cleans	3	6	9	12	15	18	21
Power cleans (M: 50 kg / F: 35 kg) Bar-facing burpees	Bar-facing burpees	3	6	9	12	15	18	21
– into –	Time				_			
<b>24.1 B</b> 5 min to find your max weight for the following complex:	24.1 B Weight	Athlete A		Athlete B			_	
1 Clean 1 Front squat 1 Hang-clean								

Workout 24.1 A	Score (time):
	Score TC (number of sync. reps):
Workout 24 1 B	Score (added weight of both athletes).