



# Qualification Workout 24.2



## RX Divisions

### FF / FM / MM

Team FF / FM / MM RX

FOR TIME, Time cap: 26 min

**24.2 A**  
row for max meters in 10:00 min  
(2 row ergometers)

- 1 min rest -

**24.2 B**  
15 synchronic double dumbbell  
devil press (M: 2x 22.5 kg / F: 2x 15 kg)

- into -

10 rounds of I go you go  
3 Toes to bar  
3 Chest to bar pull ups  
3 Bar muscle up  
3 Dumbbell complexes

#### 24.2 A

Meters	Row 10 min	
	Athlete A	Athlete B

#### 24.2 B

Sync. D DB devil press 3 6 9 12 **15**

#### I go you go

Round

1	3 T2B	3 C2B	3 BMU	3 DB complex
2	3 T2B	3 C2B	3 BMU	3 DB complex
3	3 T2B	3 C2B	3 BMU	3 DB complex
4	3 T2B	3 C2B	3 BMU	3 DB complex
5	3 T2B	3 C2B	3 BMU	3 DB complex
6	3 T2B	3 C2B	3 BMU	3 DB complex
7	3 T2B	3 C2B	3 BMU	3 DB complex
8	3 T2B	3 C2B	3 BMU	3 DB complex
9	3 T2B	3 C2B	3 BMU	3 DB complex
10	3 T2B	3 C2B	3 BMU	3 DB complex

Total time \_\_\_\_\_

1 rep dumbbell complex (M: 2x 22.5 kg / F: 2x 15 kg)  
= 1 devil press + 2 alternating double dumbbell front rack lunges

Workout 24.2 A Score (meters rowed, added): \_\_\_\_\_

Workout 24.2 B Score (total time): \_\_\_\_\_

Score TC (number of reps): \_\_\_\_\_