



# Qualification Workout 24.2



## Intermediate Divisions

### FF / FM / MM

Team FF / FM /MMF Intermediate

FOR TIME, Time cap: 26 min

**24.2 A**  
row for max meters in 10:00 min  
(1 row ergometer)  
Athletes must swap every 30 s

- 1 min rest -

**24.2 B**  
15 sync single dumbbell devil press  
(M: 1x 22.5 kg / F: 1x 15 kg)

- into -

10 rounds of I go you go  
3 Toes to bar  
2 Pull ups  
1 Chest to bar pull up (F) /  
1 Bar muscle up (M)  
3 Dumbbell complexes  
(M: 2x 22.5 kg / F: 2x 15 kg)

**24.2 A**

Row 10 min

Meters \_\_\_\_\_

**24.2 B**

Sync. S DB Devilpress 3 6 9 12 **15**

I go you go

Round

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

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

1 rep double 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):** \_\_\_\_\_

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

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