



Qualification Workout 24.1



Scaled Divisions

FF / FM / MM

Team FF / FM / MM Scaled

FOR TIME
Time cap: 12min

All movements synchronic
9 – 15 – 21 reps of:

Power cleans (M: 35 kg / F: 25 kg)
Shoulder to overhead
Bar-facing burpees

Power cleans	3	6							9
Shoulder to overhead	3	6							9
Bar-facing burpees	3	6							9
Power cleans	3	6	9	12					15
Shoulder to overhead	3	6	9	12					15
Bar-facing burpees	3	6	9	12					15
Power cleans	3	6	9	12	15	18			21
Shoulder to overhead	3	6	9	12	15	18			21
Bar-facing burpees	3	6	9	12	15	18			21

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Score (time): _____

Score TC (number of sync. reps): _____