



Qualification Workout 24.1 A & B



RX Divisions
FF / FM / MM

Team FF / FM / MM RX

24.1 A
FOR TIME
Time cap: 10 min

All movements synchronic
9 – 15 – 21 reps of:

Power cleans (M: 70 kg / F: 47.5 kg)
Bar-facing burpees

– into –

24.1 B
5 min to find your max weight for
the following complex:

1 Clean
1 Front squat
1 Hang-clean

24.1 A

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

Time _____

24.1 B

	Athlete A	Athlete B
Weight	_____	_____

Workout 24.1 A **Score (time):** _____
 Score TC (number of sync. reps): _____

Workout 24.1 B **Score (added weight of both athletes):** _____