



Qualification Workout 25.2



Scaled Divisions

FF / FM / MM

25.2

Team FF / FM / MM Scaled AMRAP 10 min				Round	Toes up				DB snatches				Shuttle runs				Reps
25.2					1	3	6	9	12	2	4	6	8	1	2	3	
				2	3	6	9	12	2	4	6	8	1	2	3	4	48
				3	3	6	9	12	2	4	6	8	1	2	3	4	72
12 synchronic toes up				4	3	6	9	12	2	4	6	8	1	2	3	4	96
8 synchronic alternating DB snatches				5	3	6	9	12	2	4	6	8	1	2	3	4	120
4 shuttle runs				6	3	6	9	12	2	4	6	8	1	2	3	4	144
				7	3	6	9	12	2	4	6	8	1	2	3	4	168
				8	3	6	9	12	2	4	6	8	1	2	3	4	192
Dumbbell weights				9	3	6	9	12	2	4	6	8	1	2	3	4	216
(M: 15 kg F: 10 kg)				10	3	6	9	12	2	4	6	8	1	2	3	4	240
				:													
1 shuttle run = 2 x 5 m																	

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Score (number of reps): _____