



Qualification Workout 24.2



Scaled Divisions

FF / FM / MM

Team FF / FM / MM Scaled

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 synchronic single dumbbell
 devil press (M: 1x 15 kg / F: 1x 10 kg)

- into -

5 rounds of I go you go
 12 toes up
 3 dumbbell complexes

- into -

5 rounds of I go you go
 12 ring rows
 3 dumbbell complexes

24.2 A		Row 10 min	
	Meters		
24.2 B			
	Sync. S DB devil press	3 6 9 12	15
	I go you go		
1	Toes up	3 6 9	12
	DB complex	1 2	3
2	Toes up	3 6 9	12
	DB complex	1 2	3
3	Toes up	3 6 9	12
	DB complex	1 2	3
4	Toes up	3 6 9	12
	DB complex	1 2	3
5	Toes up	3 6 9	12
	DB complex	1 2	3
	I go you go		
1	Ring rows	3 6 9	12
	DB complex	1 2	3
2	Ring rows	3 6 9	12
	DB complex	1 2	3
3	Ring rows	3 6 9	12
	DB complex	1 2	3
4	Ring rows	3 6 9	12
	DB complex	1 2	3
5	Ring rows	3 6 9	12
	DB complex	1 2	3
	Total time		

1 rep dumbbell complex (M: 1x 15 kg / F: 1x 10 kg)
 = 1 devil press + 2 alternating single dumbbell front rack lunges

Workout 24.2 A **Score (meters rowed):** _____

Workout 24.2 B **Score (total time):** _____
 Score TC (number of reps): _____