



Qualification Workout 25.2



Intermediate Divisions

FF / FM / MM

25.2

Team FF / FM / MM Intermediate
AMRAP 10 min

25.2

12 synchronic toes to bar
8 synchronic alternating DB
snatches
4 shuttle runs

Dumbbell weights
(M: 22.5 kg | F: 15 kg)

1 shuttle run = 2 x 5 m

Round	T2B				DB snatches				Shuttle runs				Reps
1	3	6	9	12	2	4	6	8	1	2	3	4	24
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
4	3	6	9	12	2	4	6	8	1	2	3	4	96
5	3	6	9	12	2	4	6	8	1	2	3	4	120
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
9	3	6	9	12	2	4	6	8	1	2	3	4	216
10	3	6	9	12	2	4	6	8	1	2	3	4	240
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Score (number of reps): _____