



Qualification Workout 25.1 A & B



Scaled Divisions

FF / FM / MM

Team FF / FM / MM Scaled

Overall time cap 12 min

25.1 A
FOR TIME
6 rounds I Go You Go
(3 rounds each)

10 cal row
10 thruster (M: 30 kg | F: 20 kg)

– into –

25.1 B
In the remaining time find your
max weight for the following
complex:

1 clean + 1 hang clean

25.1 A

row (cal)

thruster

Athlete A

10

10

Athlete B

10

10

Athlete A

10

10

Athlete B

10

10

Athlete A

10

10

Athlete B

10

10

Time _____

25.1 B

Athlete A

Athlete B

Weight _____

Sum Weights _____

Workout 25.1 A

Score (time): _____

Score TC (number of reps): _____

Workout 25.1 B

Score (added weight of both athletes): _____