



# Qualification Workout 25.1 A & B



## Intermediate Divisions

### FF / FM / MM

**Team FF / FM / MM Intermediate**

**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: 40 kg | F: 30 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):** \_\_\_\_\_