



THOR

WORKOUT 2 - Qualifier 21.2

presented by

ELEIKO

DIVISION 2

Age 15 - 16

For Time

- 150 Single Under**
- 40 Russian Kettlebell Swings**
- 30 Leg Raises**
- 20 Power Snatches**
- 10 Lateral Burpees over Bar**

Timecap: 15 min

150 Single Under	150
40 Russian Kettlebell Swings	190
30 Leg Raises	220
20 Power Snatches	240
10 Lateral Burpees over Bar	250

Time or Reps: _____

Standards

Kettlebell: ♀ 12kg / ♂ 16kg

Power Snatch: ♀ 15kg / ♂ 20kg

Athlete Name: _____

Workout Location: _____

Judge Name: _____

I confirm the information above accurately represents the athlete's performance for this workout: _____

Date

Athlete Signature