



ODIN

WORKOUT 1 - Qualifier 21.1



DIVISION 1 Age 13 - 14

AMRAP 12

cal row
6 MedBall Thruster

Standards

Row: ♀ 7cal / ♂ 9cal
Med Ball: ♀ 3kg / ♂ 6kg

Round	7/9 cal row	6 MedBall Thruster
1	7/9	13/15
2	20/24	26/30
3	33/39	39/45
4	46/54	52/60
5	59/69	65/75
6	72/84	78/90
7	85/99	91/105
8	98/114	104/120
9	111/129	117/135
10	124/144	130/150
11	137/159	143/165
12	150/174	156/180
13	163/189	169/195
14	176/204	182/210
15	189/219	195/225

Reps: _____

Athlete Name: _____

Workout Location: _____

Judge Name: _____

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

Date

Athlete Signature