



ODIN

WORKOUT 1 - Qualifier 21.1



DIVISION 3
Age 17 - 18

AMRAP 12

cal row
6 Thruster

Standards

Row: ♀ 12cal / ♂ 15cal

Thruster: ♀ 20kg / ♂ 30kg

Round	12/15 cal row	6 Thruster
1	12/15	18/21
2	30/36	36/42
3	48/57	54/63
4	66/78	72/84
5	84/99	90/105
6	102/120	108/126
7	120/141	126/147
8	138/162	144/168
9	156/183	162/189
10	174/204	180/210
11	192/225	198/231
12	210/246	216/252
13	228/267	234/273
14	246/288	252/294
15	264/309	270/315

Reps: _____

Athlete Name: _____

Workout Location: _____

Judge Name: _____

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

Date

Athlete Signature