



# ODIN

## WORKOUT 1 - Qualifier 21.1



### DIVISION 2 Age 15 - 16

#### AMRAP 12

cal row  
6 Thruster

#### Standards

Row: ♀ 9cal / ♂ 12cal

Thruster: ♀ 15kg / ♂ 20kg

Round	9/12 cal row	6 Thruster
1	9/12	15/18
2	24/30	30/36
3	39/48	45/54
4	54/66	60/72
5	69/84	75/90
6	84/102	90/108
7	99/120	105/126
8	114/138	120/144
9	129/156	135/162
10	144/174	150/180
11	159/192	165/198
12	174/210	180/216
13	189/228	195/234
14	204/246	210/252
15	219/264	225/270

Reps: \_\_\_\_\_

Athlete Name: \_\_\_\_\_

Workout Location: \_\_\_\_\_

Judge Name: \_\_\_\_\_

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

Date

Athlete Signature