



THOR

WORKOUT 2 - Qualifier 21.2

presented by

ELEIKO

DIVISION 1

Age 13 - 14

For Time

- 100 Single Under
- 40 Russian Kettlebell Swings
- 30 Sit Ups
- 20 Ground to Overhead
- 10 Burpees to Plate

Timecap: 15 min

100 Single Under	100
40 Russian Kettlebell Swings	140
30 Sit Ups	170
20 Ground to Overhead	190
10 Burpees to Plate	200

Time or Reps: _____

Standards

Kettlebell: ♀ 8kg / ♂ 12kg

Ground to Overhead: ♀ 5kg / ♂ 10kg

Athlete Name: _____

Workout Location: _____

Judge Name: _____

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

Date

Athlete Signature