



# THOR

## WORKOUT 2 - Qualifier 21.2

presented by

# ELEIKO

## DIVISION 3

### Age 17 - 18

### For Time

- 50 Double Under
- 40 Russian Kettlebell Swings
- 30 Toes to Rings
- 20 Power Snatches
- 10 Lateral Burpees over Bar

Timecap: 15 min

<b>50</b> Double Under	50
<b>40</b> Russian Kettlebell Swings	90
<b>30</b> Toes to Rings	120
<b>20</b> Power Snatches	140
<b>10</b> Lateral Burpees over Bar	150

Time or Reps: \_\_\_\_\_

### Standards

Kettlebell: ♀ 16kg/♂ 24kg

Power Snatch: ♀ 20kg/♂ 30kg

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

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

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

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

Date

Athlete Signature