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| <p>QWOD1 Elite</p> <p>For Reps</p> <p>TimeCap: 8 min</p> |  <p>AUSTRIAN THROWDOWN</p> |
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| Front Squats (70/50) | Shoulder2 Overhead (70/50) | bar facing Burpees |
|-------------------------|----------------------------------|-----------------------|
| 2 | 4 | 6 |
| 2 Reps | 2 Reps | 2 Reps |
| 10 | 14 | 18 |
| 4 Reps | 4 Reps | 4 Reps |
| 24 | 30 | 36 |
| 6 Reps | 6 Reps | 6 Reps |
| 44 | 52 | 60 |
| 8 Reps | 8 Reps | 8 Reps |
| 70 | 80 | 90 |
| 10 Reps | 10 Reps | 10 Reps |
| 102 | 114 | 126 |
| 12 Reps | 12 Reps | 12 Reps |
| 140 | 154 | 168 |
| 14 Reps | 14 Reps | 14 Reps |
| 184 | 200 | 216 |
| 16 Reps | 16 Reps | 16 Reps |
| 234 | 252 | 270 |
| 18 Reps | 18 Reps | 18 Reps |
| | Result | Reps |