


<b>QWOD3 Elite</b>	 <b>AUSTRIAN THROWDOWN</b>
<b>For Time/Weight</b>	
<b>TimeCap: 15 min (Part A+B)</b>	

<b>Part A</b>				
<b>Double Unders (100 reps)</b>				
add 04:15 <b>20 Reps</b>	add 03:45 <b>20 Reps</b>	add 03:25 <b>20 Reps</b>	add 03:05 <b>20 Reps</b>	add 02:45 <b>20 Reps</b>
<b>Wall Balls (75 reps)</b>				
add 02:25 <b>15 Reps</b>	add 02:10 <b>15 Reps</b>	add 01:55 <b>15 Reps</b>	add 01:40 <b>15 Reps</b>	add 01:25 <b>15 Reps</b>
<b>Row (50 cal)</b>				
add 01:10 <b>10 cal</b>	add 01:00 <b>10 cal</b>	add 00:50 <b>10 cal</b>	add 00:40 <b>10 cal</b>	add 00:30 <b>10 cal</b>
<b>Power Cleans (60/40) (25 reps)</b>				
add 00:20 <b>5 Reps</b>	add 00:15 <b>5 Reps</b>	add 00:10 <b>5 Reps</b>	add 00:05 <b>5 Reps</b>	add 00:00 <b>5 Reps</b>
<i>add 1 sec for each rep left after time cap</i>			<b>Result Part A</b>	<b>min</b>

<b>Part B</b>				
kg	kg	kg	kg	kg
<b>Result Part B</b>			<b>kg</b>	