


QWOD3 Masters	 AUSTRIAN THROWDOWN
For Time/Weight	
TimeCap: 15 min (A+B)	

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

Part B				
kg	kg	kg	kg	kg
Result Part B			kg	