

# Austrian Throwdown 2022 Online Qualifier

## WOD 2

This Workout is an AMRAP Workout. Your Score will be the total number of Reps within the 12 Minutes.

30/25 cal Row		20 Toes2Bar		15 Squat Clean (60/40)		
30/25	40/35	50/45	53/48	56/51	59/54	62/57
						65/60

30/25 cal Row		20 Toes2Bar		10 Squat Clean (80/55)		
95/85	105/95	115/105	117/107	119/109	121/111	123/113
						125/115

30/25 cal Row		20 Toes2Bar		max. Squat Clean (100/65)		
155/140	165/150	175/160	180/165	185/170	190/175	195/180
						200/185

Your Score: