



SOUTHERN WARRIORS

QUALIFIER WORKOUT 2

CAT.

ELITE

ATHLETE

WOD 2

For Time 6' time cap

EXERCISE	
75 DU	
COMPLEX 1 POWER SNATCH 1 HANG POWER SNATCH 1 SQUAT SNATCH	
50 DU	
COMPLEX 1 POWER SNATCH 1 HANG POWER SNATCH 1 SQUAT SNATCH	
25 DU	
TIE-BREAK	
COMPLEX 1 POWER SNATCH 1 HANG POWER SNATCH 1 SQUAT SNATCH	MAX LOAD

SCORE TOT KG	
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SOUTHERN WARRIORS

QUALIFIER WORKOUT 2

CAT.

REGULAR

ATHLETE

WOD 2

For Time 6' time cap

EXERCISE

50 DU

COMPLEX

- 1 POWER SNATCH
- 1 HANG POWER SNATCH
- 1 SQUAT SNATCH

35 DU

COMPLEX

- 1 POWER SNATCH
- 1 HANG POWER SNATCH
- 1 SQUAT SNATCH

20 DU

TIE-BREAK

COMPLEX

- 1 POWER SNATCH
- 1 HANG POWER SNATCH
- 1 SQUAT SNATCH

**MAX
LOAD**

**SCORE
TOT KG**