



# VARAŽDIN THROWDOWN 2022

## QUALIFIER WORKOUT #2

### 8 MIN AMRAP

FINISH

30 BAR FACING BURPEES

60 WALL-BALL SHOTS

THEN, IN REMAINING TIME

ROW FOR DISTANCE

\*Workout starts with the athlete standing tall in front of a barbell set up with standard high weight plates. On the start of a clock set up to count down from 8 minutes athlete starts with the first movement, bar facing burpee. After finishing all the reps he moves to a second movement, wallballs. After finishing all wallball reps athlete moves to a Concept2 RowErg and rows for distance (in meters) in remaining time.

\*Bar facing burpee box starts with the athlete perpendicular to and facing the barbell. Athletes may jump or step back to reach the bottom position, touching their chest and thighs to the ground. Rep finishes with the athlete jumping or stepping up and jumping over the barbell. A two-foot takeoff is not required, but both feet must be off the ground as the athlete passes over the bar. Each rep is counted when the athlete lands on the ground on the opposite side with both feet. Touching the barbell is a "no rep" and the whole movement must be repeated.

\*In the wall-ball shot, the medicine ball (9kg for men, 6kg for women) must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height (305cm for men, 275cm for women). If the ball hits low or does not hit the wall, it is a no rep.

\*Then the athlete starts rowing on a Concept2 RowErg for distance in remaining time. Display must be set on meters, and the score is total meters rowed in time cap of 8 minutes.

### 8 MIN AMRAP

BAR FACING BURPEES	30
WALL-BALL SHOTS	60

### ROW FOR DISTANCE

\_\_\_\_\_ meters

SCORE: \_\_\_\_\_ meters