



QUALIFIER 24.2 + 24.3

PRESENTED BY:

"SNOW WHITE & THE HUNTSMAN"



10:00 CEST TUESDAT, SEPT. 24, THROUGH 23:59 CEST FRIDAY, OCT. 4

24.2

IN A 5' WINDOW

find 3 RM snatch (any style)

REST FROM 5' TO 7'

FROM 7' TO 20'

(13' TIME CAP): 24.3

For Time
60/42 cal row
40 alt. DB snatch
20/16 bar mu

WORKOUT VARIATIONS

Table with workout variations including categories like Cal Row, DB, Gym Movement, and experience levels (Elite-Int, Master 45, etc.)

Table for 3 RM SNATCH with HEAVIEST LIFT and SCORE 24.1

Table for 24.3 activities: 60/42 cal row, 40 DB snatch, gym movement

Table for SCORE 24.2 with time or time cap + missing reps in seconds (1 rep = 2")

ATHLETE \_\_\_\_\_

JUDGE \_\_\_\_\_

CATEGORY \_\_\_\_\_

ATHLETE SIGNATURE \_\_\_\_\_

Athlete's copy

WORKOUT 24.2+24.3



Scan to submit score

24.2: HEAVIEST LIFT \_\_\_\_\_

24.3 TIME or TIME CAP + MISSING REPS IN SECONDS \_\_\_\_\_

ATHLETE NAME \_\_\_\_\_

JUDGE \_\_\_\_\_

LOCATION & DATE \_\_\_\_\_



# QUALIFIER 24.2 + 24.3

PRESENTED BY:

## "SNOW WHITE & THE HUNTSMAN"



10:00 CEST TUESDAY, SEPT. 24, THROUGH 23:59 CEST FRIDAY, OCT. 4

### 24.2

#### FROM 0' TO 1'

MAX REPS SNATCH  
(any style)

#### REST FROM 1' TO 3'

#### FROM 3' TO 15'

#### (12' TIME CAP): 24.3

For Time  
50/35 cal row  
30 alt. DB snatch  
20 pull up/knee raises

#### WORKOUT VARIATIONS

##### 24.2 WEIGHT

M: 30kg

W: 20kg (hang snatch)

##### 24.3

|           |                |
|-----------|----------------|
| CAL ROW   | M: 50          |
|           | W: 35          |
| DB SNATCH | M: 17.5kg      |
|           | W: 12.5kg      |
| GYM       | M: PULL UP     |
|           | W: KNEE RAISES |

|            |            |
|------------|------------|
| MAX SNATCH | REPS:      |
|            |            |
|            | SCORE 24.1 |



|               |  |
|---------------|--|
| 50/35 cal row |  |
| 30 DB snatch  |  |
| 20 pull up    |  |

|   |  |
|---|--|
| SCORE 24.2  |  |
| time or time cap + missing reps in seconds (1 rep = 2") |  |

ATHLETE \_\_\_\_\_

JUDGE \_\_\_\_\_

CATEGORY \_\_\_\_\_

ATHLETE SIGNATURE \_\_\_\_\_

Athlete's copy

#### WORKOUT 24.2+24.3



Scan to submit score

24.2: TOTAL REPS \_\_\_\_\_

24.3 TIME or TIME CAP + MISSING REPS IN SECONDS \_\_\_\_\_

ATHLETE NAME \_\_\_\_\_

JUDGE \_\_\_\_\_

LOCATION & DATE \_\_\_\_\_