QUALIFIER 25.1
THE REPFATHER

10 A.M. MONDAY, SEPT 15, THROUGH 11:59 P.M. MONDAY, SEPT 22

Presented by

ARSERA
Software development & Consulting

25.1

as many rounds and reps as possible in 15 min of:
15/12 cal row
10 double db thruster
15/12 cal row
10 double db devil press

WORKOUT VARIATION
elite: 2x22.5/15kg
experience - intermediate
rx - masters: 2x15/10kg
OPDET: 1x15/10kg

JUDGE

_____

ATHELETE

_____

ATHELETE SIGNATURE

_____

REPS AT 15 MIN

_____

THE PROGRM

ROUND		REPS M	REPS W
1	15/12 CAL ROW	15	12
	10 DOUBLE DB THRUSTER	25	22
	15/12 CAL ROW	40	34
	10 DOUBLE DB DEVIL PRESS	50	44
ROUND		**REPS M**	**REPS W**
2	15/12 CAL ROW	65	56
	10 DOUBLE DB THRUSTER	75	66
	15/12 CAL ROW	90	78
	10 DOUBLE DB DEVIL PRESS	100	88
ROUND		**REPS M**	**REPS W**
3	15/12 CAL ROW	115	100
	10 DOUBLE DB THRUSTER	125	110
	15/12 CAL ROW	140	122
	10 DOUBLE DB DEVIL PRESS	150	132
ROUND		**REPS M**	**REPS W**
4	15/12 CAL ROW	165	144
	10 DOUBLE DB THRUSTER	175	154
	15/12 CAL ROW	190	166
	10 DOUBLE DB DEVIL PRESS	200	176
ROUND		**REPS M**	**REPS W**
5	15/12 CAL ROW	215	188
	10 DOUBLE DB THRUSTER	225	198
	15/12 CAL ROW	240	210
	10 DOUBLE DB DEVIL PRESS	250	220
ROUND		**REPS M**	**REPS W**
6	15/12 CAL ROW	265	232
	10 DOUBLE DB THRUSTER	275	242
	15/12 CAL ROW	290	254
	10 DOUBLE DB DEVIL PRESS	300	264
ROUND		**REPS M**	**REPS W**
7	15/12 CAL ROW	315	276
	10 DOUBLE DB THRUSTER	325	286
	15/12 CAL ROW	340	298
	10 DOUBLE DB DEVIL PRESS	350	308

Athlete copy
QUALIFIER WOD 25.1

REPS AT 15 MIN: _____

VISIT ARSERA WEBSITE

ATHELETE NAME _____

WORKOUT LOCATION _____

JUDGE _____

JUDGE SINGATURE _____

SUBMIT YOUR SCORE