



ONLINE QUALIFIER | 03.07.2020 – 26.07.2020

Equipped by **cross equip**
built to max your limits

TOUGH'N'ROUGH 2020 | WORKOUT 2
Scores to be submitted by Sunday 26th July at 9:00pm

This is a team workout with a running clock of 20 minutes.
Try to do as many rounds and repetitions as possible.

20 Minute AMRAP
10 handstand push-ups
20 toes-to-bar
20 pistols
10 chest-to-bar pull-ups

Time cap: 20 minutes

SCORECARD WORKOUT 2 | RX

Round	10 Handstand push-ups	20 Toes-to- bars	20 Pistols	10 Chest-to-bar pull-ups
1	10	30	50	60
2	70	90	110	120
3	130	150	170	180
4	190	210	230	240
5	250	270	290	300
6	310	330	350	360
7	370	390	410	420
8	430	450	470	480
9	490	510	530	540
10	550	570	590	600
11	610	630	650	660
12	670	690	710	720
13	730	750	770	780
14	790	810	830	840
15	850	870	890	900

Total Reps: _____

SCORING

The score will be the total number of repetitions completed as a team within the 20-minute time cap.

For detailed information have a look into the workout description.



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TOUGH'N'ROUGH 2020 | WORKOUT 2
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This is a team workout with a running clock of 20 minutes.

20 Minute AMRAP
10 hand release push-ups
20 knee raises
20 goblet squats
10 pull-ups

Time cap: 20 minutes

Loading goblet squats
Men use kettlebell 24kg
Women use kettlebell 16kg

SCORECARD WORKOUT 2 | Intermediate

Round	10 Hand release push-ups	20 Knee raises	20 Goblet squats	10 Pull-ups
1	10	30	50	60
2	70	90	110	120
3	130	150	170	180
4	190	210	230	240
5	250	270	290	300
6	310	330	350	360
7	370	390	410	420
8	430	450	470	480
9	490	510	530	540
10	550	570	590	600
11	610	630	650	660
12	670	690	710	720
13	730	750	770	780
14	790	810	830	840
15	850	870	890	900

Total Reps: _____

SCORING

The score will be the total number of repetitions completed as a team within the 20-minute time cap.

For detailed information have a look into the workout description.