

XFITTEST QUALIFIER 19.2

Time cap – 8min

21-15-9

**Double Dumbbell Deadlift
Handstand Push Ups**

In remaining time:
Max Pull Ups Unbroken

Dumbbell weight:

M – 30kg

F – 25kg

Handstand push ups:

M – strict

F – strict/kiping

	Double Dumbbell Deadlift	Handstand Push Ups
21		
15		
9		
Time (total)		

time

time

time

Max Pull Ups Unbroken	
Repetitions	
Time (final)	



Athlete name	
Team name	