



Workout #2 - 15 Minute Time Cap

80 Cals. - Bike

70 - Deadlifts

60 - Box Jumps / Step-Ups

* RX teams must do box-jumps. Scaled. & Beg. divisions may choose do either movement

50 - Power Snatches

40 - Bar-Over Burpees

* RX teams must jump over the bar. Scaled & Beg. divisions may choose to jump or step-over the bar

30 - Overhead Squats

RX - 115/85# Scaled - 95/65# Beginner - 75/55#

At 3, 2, 1, go... teams will begin biking. One partner will be working while the other rests. Once teams have reached 80 calories on the bike, they may begin working on the deadlifts. Teams will continue working their way down the movements until completion. Partners may switch as often as they would like throughout the workout. However, all of the reps for each movement must be completed before moving on to the next movement. For Scaled & Beginner divisions, teammates may select different standards for the Box Jumps/Step-Ups and Bar-Over Burpees.

There is a 15 minute time cap for this workout.

Workout #2 Scoring

Time to complete the workout. If all of the reps have not been completed by the 15 minute time cap, the team's time will be 15 minutes plus the number of reps remaining. For example, if my team was time-capped and we did not complete 15 overhead squats, our scored time will be 15:15.

Movement Standards

Deadlift - This is a traditional deadlift. Sumo deadlifts are not allowed. The athlete will start with the barbell on the floor then lift it until their knees and hips are at full extension and their head and shoulders are behind the bar. There should be no bend in the arms, elbows, knees, or hips at the top of the movement. If there is any bend in the aforementioned areas, or if the athlete's head and shoulders are not behind the bar, it is a no-rep. If doing a set, you can touch-and-go or drop the barbell in between reps - again, just be careful to be at full extension at the top.

Box Jumps (RX required, optional for Scaled & Beginner)- This movement begins with the athlete standing on the ground. Athletes will then jump on the box and stand upright with hips at full extension. Athletes can then step-down or jump back to the ground. If the athlete does not have their hips fully extended at the top of the box, it is a no-rep. In this standard, stepping-up to the box is not accepted.

Box Step-Ups (Scaled & Beginner) - This movement begins with the athlete on the ground. Athletes will then step-up on the box and stand upright with hips at full extension. Athletes can then step-down or jump back to the ground. If the athlete does not have their hips fully extended at the top of the box, it is a no-rep.

Power Snatches - This movement begins with the barbell on the ground. The barbell must then be lifted to the overhead position in one motion with the athlete catching it in an upright or "dipped" position. The athlete will then stand the bar up, fully extending their knees, hips, and arms, to complete the rep. The next rep will begin once the bar touches the ground. If doing a set, you can touch-and-go or drop the barbell in between reps. However, the bar must touch the floor between each rep. If it does not touch the ground, it is a no-rep.

Bar-Over Burpees - This movement begins with the athlete in the standing position lateral to the barbell. Athletes will bring themselves to the ground with their chest touching the floor. Athletes in all divisions may kick-back or step-down into this position. If the athlete's chest does not touch the floor, it will be a no-rep. Athletes will then bring themselves to their feet and jump over the bar. **RX teams** must jump over the bar with two feet. **Scaled and Beginner teams** may step over the bar, if desired. Once both of the athlete's feet touch the ground on the other side of the bar, the rep is complete.

Overhead Squat - The movement begins with the bar locked-out overhead in the snatch position. The athlete can get the bar to this position in any way they choose without the assistance of a rack (e.g. snatch, clean/backrack/S2OH, etc.). Once the bar is locked-out overhead, the athlete can begin the squat. The athlete must break parallel with the hip crease below the knee. If the athlete does not break parallel, it is a no-rep. Once the athlete breaks parallel, they may then stand the bar up. The rep is completed once the athlete's knees and hips are at full extension. The athlete's arms must remain in the locked position the entire time.