



Workout #2 - 17 Minute Time Cap

60 - Wall Balls

50 - Deadlifts

40 - Bar-Over Burpees

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

30 - Power Cleans

20 - Thrusters

30 - Power Cleans

40 - Bar-Over Burpees

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

50 - Deadlifts

60 - Wall Balls

RX - 135/95#, 20#/14# Scaled - 115/75#, 20#/14# Beginner - 85/55#, 14#/10#

At 3, 2, 1, go... teams will begin wall balls. One partner will be working while the other rests. Once teams have reached 60 wall balls, they may begin working on the deadlifts. After the deadlifts, teams will move their bar down the lane to the next marker before beginning the bar-over burpees. After the bar-over burpees are completed the bar will be moved to the next marker before beginning the power cleans. Once the power cleans are completed the bar will be moved to the last marker in the lane to complete the thrusters, after which the partners will work their way back through the movements toward the wall. 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 Bar-Over Burpees.

There is a 17 minute time cap for this workout.

Movement Standards

Wall-Balls - This movement starts at the bottom of the squat with the athlete breaking parallel (hip crease below the knee). Once in the squat, athletes will stand and throw their ball to the center of their target. If the ball hits below the target or does not hit the wall at all, it is a no rep. If the ball hits above the target, that is OK. If the ball is dropped, the athlete will need to begin the movement again (starting in the squat). If the athlete does not break parallel in the bottom of the squat, it is a no-rep.

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 before doing so.

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.

Power Clean - This movement begins with the barbell on the floor. Athletes will then pull the bar up to the front rack position, catching it in either an upright or a "dipped" position. The athlete will then stand the bar up, fully extended their knees and hips with their elbows out and in front of the bar. If the athlete does not fully extend their knees and hips, or their elbows have not popped through in front of the bar, it is a no-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, is it a no-rep.

Thrusters - The movement begins with the athlete in the bottom of a front squat with the hip crease below the knee. The athlete may either power clean or squat clean the barbell. Once the athlete breaks parallel, they will begin their ascent into the standing position while simultaneously pressing the bar overhead. The athlete's hips and arms must come to a full lock-out with their head coming through the bar for the rep to count. Once the athlete is locked

out at the top, they may begin the next rep. The bar is not required to come from the ground each rep, athletes may string reps together. If the athlete does not break parallel or does not lock out their hips and arms at the top with their head coming through, it is a no-rep.

Workout #2 Scoring

Time to complete the workout. If all of the reps have not been completed by the 17 minute time cap, the team's time will be 17 minutes plus the number of reps remaining. For example, if my team was time-capped and we did not complete 15 wall balls, our scored time will be 17:15.