



## Workout #2 - 12 min AMRAP + Row for Distance

<b>RX</b>	<b>Scaled</b>	<b>Beginner</b>
100 DB Power Snatches (50/35)	100 DB Power Snatches (35/20)	100 DB Power Snatches (25/15)
100 Burpees to a Plate	100 Burpees to a Plate	100 Burpees to a Plate
100 T2B	100 T2B or Hanging Knee Raises	100 Hanging Knee Raises
100 Goblet Squats (53/35)	100 Goblet Squats (35/26)	100 Goblet Squats (26/18)

At 3, 2, 1, go... Partner #1 will begin rowing while Partner #2 & #3 will begin working on the AMRAP. It does not matter who is Partner #1, 2 or 3.

### ROWING

Teams will have one partner rowing throughout the entirety of this workout. Partner #1 will begin rowing at the start of the workout and may switch out to work on the AMRAP whenever they desire. Teams may switch out the person rowing as frequently (or infrequently) as they choose.

### AMRAP

For the AMRAP portion, one partner works while the other rests. The AMRAP begins with 100 DB power snatches. Once the 100th rep has been completed, the team will then complete 100 burpees to a plate. Once done, the team will then move to the 100 T2B/hanging knee raises. After the T2B/hanging knee raises, the team will then complete 100 goblet squats. If/when the team completes the 100 goblet squats, they will start back on the DB power snatches.

Teammates working on the AMRAP may alternate who is working and who is resting as often as needed. You may also switch out with the person on the rower as often as you would like.

## Workout #2 Movement Standards

**Dumbbell Snatch** - The movement begins with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

**Burpees to Plate** - This movement begins with the athlete in the standing position. 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 jump-up or step-up from the floor and either step up or jump onto the plate. The rep is complete when the athlete has both feet off the floor and onto the plate. The athlete DOES NOT need to stand all the way with hips extended, just have both feet completely off the ground and onto the plate.

**Toes-2-Bar** - This movement begins with the athlete hanging on the bar. Hips and arms must be fully extended (no bend) and the athlete's feet/toes cannot be touching the floor. The athlete must then pull their legs up and touch both feet (toes) to the bar at the same time. Feet cannot go over or under the bar - these are no-reps. We are looking for the "bang" of the toe box of your shoe hitting the bar. Athletes can string/kip T2B together or drop down and single them. If the athlete's feet drop to the floor, they will need to resume the hanging position in order to start the next rep.

**Hanging Knee Raises** - This movement begins with the arms and hips fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split grip are all permitted. At the top of the repetition, the athlete must raise the knees above the height of the hips. The legs are then lowered back to the starting position to begin the next rep.

**Goblet Squats** - Each squat begins with the kettlebell held in the goblet position (hand placement on the kettlebell doesn't matter) and the athlete standing tall. Once in the goblet position, the athlete will descend into their squat. The athlete must break parallel with their hip crease below the knee. Once they have broken parallel, the athlete may stand up. The rep is completed once the athlete's knees and hips are at full extension. If the athlete does not break parallel at the bottom of the squat, it is a no-rep. If the athlete does not fully extend their knees and hips at the top, it is a no rep.

# Workout #2 Scoring

## Score #1

Total distance rowed

## Score #2

Total number of reps completed of the AMRAP