



# W O D 2A & 2B

## WOD 2A - FOR TIME / TIME CAP 6MIN

MOVEMENTS	1	2	3
75 DOUBLE UNDERS			
15 POWER SNATCH MALE: 50KG FEMALE: 35KG			
<b>POSSIBLE REPS</b>	<b>90</b>	<b>180</b>	<b>270</b>

## ON THE 10MIN MARK - WOD 2B - FOR TOTAL REPS / TIME CAP: 6MIN

MOVEMENTS	1	2	3	4	5	6	7	8	9
10 BACK SQUATS MALE: 80KG FEMALE: 55KG									
5 BAR MUSCLE UPS									
<b>POSSIBLE REPS</b>	<b>15</b>	<b>30</b>	<b>45</b>	<b>60</b>	<b>75</b>	<b>90</b>	<b>105</b>	<b>120</b>	<b>135</b>

**YOUR WOD 2A SCORE:  
FOR TIME**

**1 MISSED REP = 1 SECOND REP PENALTY**

**YOUR WOD 2B SCORE:  
FOR TOTAL REPS**

**SCORE IS DETERMINED BY THE TIME TO COMPLETE  
THE REPS**

**SCORE IS DETERMINED BY THE TOTAL REPS  
COMPLETED AT THE TIME CAP**

GENDER	ATHLETE / TEAM NAME	ATHLETE / TEAM SIGNATURE	JUDGE INT.
O Male O Female X	X	X	



# W O D 2 A & 2 B

## SCORE IS DETERMINED BY THE TIME TO COMPLETE THE REPS FOR 2A AND TOTAL REPS COMPLETED FOR WOD 2B

**1 MISSED REP = 1 SECOND PENALTY ADDED (FOR 2A)**

This workout begins with the Athlete holding their jump rope with the barbell loaded to the appropriate weight. At the call of “3, 2, 1... go!” the athlete will start the double-unders. After 75 double-unders are completed the athlete will move to the barbell to perform power snatches. For the power snatch to count, the barbell will move from the ground to the overhead position with the knees, hips and shoulders extended in one line. After the 15 reps, they will move back to the jump rope and begin the next round.

**The athlete’s score for 2 A will be the total time it takes to complete all 270 reps. If the athlete does not complete the reps in less than 6 minutes, they will add 1 second to their time for every remaining rep. So, if an athlete completes 200 reps, their scored time will be 07:10.**

**At the 10-minute mark 2 B starts** and the workout will begin with the barbell on the floor, loaded to the appropriate weight. The athlete will begin with moving the barbell to a back-rack position. The athlete will then start his set of 10 barbell back squats. Once they finish their reps the athlete will move to the pull-up bar to perform 5 bar muscle-ups. Workout 2 B ends after 6 minutes or of a total time of 16 minutes for 2 A and 2 B.

Prior to starting the workout, the athlete will need to set up a barbell, with standard plates.

**The athlete’s score for 2 B will be the reps completed in 6 minutes. If the athlete finishes 4 rounds and 5 back squats their score will be 65.**

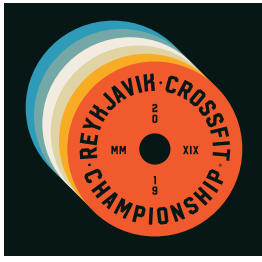
## MOVEMENT STANDARDS

**DOUBLE UNDER:** This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

**POWER SNATCH:** For the power snatch, the barbell begins on the ground and must be lifted overhead in one smooth motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. No part of the body other than the feet may touch the ground during the repetition.

The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. This is not a ground-to-overhead anyhow. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead is a “no rep.” A power snatch, muscle snatch, split snatch, or squat snatch is permitted, so long as all requirements are met.

**BACK SQUAT:** Each back squat starts with the bar resting on the shoulders in the back-rack position, the feet in line, and the athlete standing tall. In the squat the hip crease must be below the top of the knee at the bottom. The rep is complete when the athlete’s hips and knees are fully extended and in line with the shoulders. At the top of the repetition, the bar should be resting on the shoulders in a back-rack position with both hands on the bar. The use of a barbell rack or any other assistance with



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the bar is NOT ALLOWED. It must be taken from the ground.

**BAR MUSCLE UPS:** For the bar muscle-up, you must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support or glide kips are not permitted. The heels may not rise above the height of the bar during the kip.

At the top, the elbows must be fully locked out while the athlete supports himself or herself above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar.

## EQUIPMENT NEEDED

- Barbell
- Standard bumper plates (18-in. diameter) and change plates
- Collars
- Pull-up bar

The official weight is in kilograms. For your convenience, the minimum acceptable weights in kilograms are, 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.).

## VIDEO SUBMISSIONS

**Independent athletes will have to film and post a link to their video. We recommend athletes use Wodproof where the workouts have already been preprogramed.**

Prior to starting, film the equipment to be used so the weight and plate size can be seen clearly. Introduce yourself and which workout you are about to do. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.