



ONLINE STAGE WORKOUT 2



Rx/Intermediate

6 Rounds for Time (16:00 time cap):

- 20 Box Jumps (24"/20")
- 15 Wall Balls (20/14 to 10'/9')
- 10 Deadlifts*

*225-275-315 / 155-185-215

Scaled

6 Rounds for Time (16:00 time cap):

- 20 Box Jumps/StepUps (24"/20")
- 15 Wall Balls (14/10 to 10'/9')
- 10 Deadlifts*

**135-185-225 / 85-115-145

NOTES

The workout will begin with a clock set to count upwards from 0:00 to 16:00. At 3-2-1-GO, teams will begin the 6 round workout alternating complete rounds.

Athlete 1 will perform 20 Box Jumps or Step Ups, followed by 15 Wall Balls, followed by 10 Deadlifts. Once Athlete 1 has completed an entire round of 45 repetitions, Athlete 2 will complete an entire round of the same 45 repetitions. Athletes will continue in this alternating manner until the team has completed 270 repetitions or the clock has reached the time cap of 20 minutes.

The Deadlifts become heavier every two completed rounds (1 round per athlete at each weight).

A team's score will be the time to complete the 270 repetitions. Teams that do not complete all 270 repetitions at the time cap will receive a score of the total number of repetitions completed.

There is no tiebreak in this workout.

EQUIPMENT

- Box of appropriate height for your division
- Medicine ball of appropriate weight for your division
- Barbell
- Standard bumper plates (18inch diameter) to load the appropriate weights for your division
- Collars to secure plates on the barbell

Prior to the start of the workout, load the barbell to the appropriate weight for your first two rounds based on competition division. Ensure that the weight plates are secured onto the barbell using collars.

Be sure that athletes have adequate space to safely perform all the movements within the workout. Clear the area of all extra equipment, people, or other obstructions.

VIDEO SUBMISSION STANDARDS

- Film the box and wall, showing appropriate height.
- Film the plates and barbell so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- The equipment and a clock/timer must remain in the frame for the entirety of the workout.
- Shoot the video so that all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye or otherwise distorted lens will be rejected.

MOVEMENT STANDARDS

BOX JUMPS

- Start with both feet on the ground and face the box.
- Do NOT angle the box to jump up on the corner.
- Jump with both legs at the same time.
- Land with both feet on the box at the same time.
- Only feet may make contact with the box.
- The rep is credited when:
 - Both feet are on top of the box.
 - Hips and knees are fully extended, with head and shoulders over the hips.
 - Reaching extension in mid-air is a no-rep.

BOX STEP UPS (SCALED ONLY)

- Start with both feet on the ground and face the box.
- Do NOT angle the box to step up on the corner.
- Only feet may make contact with the box.
- Using hands to push into the legs is not allowed.
- The rep is credited when:
 - Both feet are on top of the box.
 - Hips and knees are fully extended, with head and shoulders over the hips.
 - Reaching extension in mid-air is a no-rep.
- Alternating legs is NOT required.

WALL BALL SHOTS

- The medicine ball must be in the support position in front of the body at the start of each rep.
- Squat until the hip crease is below the top of the knee.
- Squat cleaning is allowed as long as the ball starts on the ground.
- Stand and throw the ball to the targeted height on the wall.
- The rep is credited when the center of the ball hits the target at or above the specified height.
- If the ball hits too low, or does not hit the wall, it is a no-rep.
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep. It cannot be picked up off the bounce.

DEADLIFTS

- Start every rep with the barbell on the ground.
- Hands must be outside the knees. Sumo deadlifts are NOT allowed.
- The rep is credited when the hips and knees reach full extension and the head and shoulders are behind vertical plane of the bar.
- Multiple barbells may not be used. Teams must share a single barbell for the entirety of the workout.
- The non-working partner may assist with changing weights after the 2nd and 4th rounds.
- Collars must be placed on the bar outside the weights.

SCORECARD – WORKOUT 2

Weight 1 (Rx/I: 225/155, Sc: 135/85)

20 Box Jumps / Step Ups	20	20 Box Jumps / Step Ups	65
15 Wall Ball Shots	35	15 Wall Ball Shots	80
10 Deadlifts	45	10 Deadlifts	90

Weight 2 (Rx/I: 275/185, Sc: 185/115)

20 Box Jumps / Step Ups	110	20 Box Jumps / Step Ups	155
15 Wall Ball Shots	125	15 Wall Ball Shots	170
10 Deadlifts	135	10 Deadlifts	180

Weight 3 (Rx/I: 315/215, Sc: 225/145)

20 Box Jumps / Step Ups	200	20 Box Jumps / Step Ups	245
15 Wall Ball Shots	215	15 Wall Ball Shots	260
10 Deadlifts	225	10 Deadlifts	270

TIME TO COMPLETE 270 REPETITIONS _____

- or if less than 270 reps were completed at the time cap -

NUMBER OF REPETITIONS COMPLETED AT 16:00 _____