



W O D 2 A & 2 B

QUALIFICATION 2

2A - 3 ROUNDS FOR TIME / TIME CAP: 10MIN

MOVEMENTS	1	2	3
5 HANG POWER SNATCH MALE: 60KG FEMALE: 40KG			
10 OVERHEAD SQUATS MALE: 60KG FEMALE: 40KG			
15 TOES TO BAR			
POSSIBLE REPS	30	60	90

YOUR 2A SCORE: FOR TIME

SCORE IS DETERMINED BY THE TIME TO COMPLETE REPS. ANY INCOMPLETE REPS WILL COUNT 1 SEC PENALTY TOWARDS TOTAL TIME.

2B - FOR REPS / TIME CAP: IN REMAINING TIME

MOVEMENTS - 2B - IN REMAINING TIME	1 REP	2 REPS	3 REPS	4 REPS	5 REPS	6 REPS	7 REPS	8 REPS	9 REPS
THRUSTERS MALE: 60KG FEMALE: 40KG									
BAR MOVEMENT MALE: BAR MUSCLE UP FEMALE: C2B PU									
POSSIBLE REPS	2	6	12	20	30	42	56	72	90

YOUR 2B SCORE: FOR REPS

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED BEFORE THE TIME CAP. 10MIN FOR BOTH WORKOUTS.

MOVEMENT STANDARDS:

BAR MUSCLE UP: The repetition starts with the athlete hanging from the bar with full extension of the elbows and shoulders. The repetition finishes with the athlete above the bar with full extension of the elbows.

A NO REP WILL OCCUR IF:

1. Full extension of the elbow or shoulder is not established before starting the repetition.
2. Athlete fails to lock out the elbows directly above the pull-up bar at the top of the rep.
3. The athlete performs an uprise or glide kip, where the feet raise above the head during the kip.

HANG POWER SNATCH: Each repetition must start from the hang, or any repetition taken from the floor, must achieve a deadlift lockout (hips and knees fully extended, shoulders behind the bar) before re-dipping to initiate the hang power snatch. Power snatching the barbell from the ground in one continuous motion is not permitted. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, the bar directly over the heels and the feet together.

THRUSTER: This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground. Using a ball, box or other object to check for proper depth is not allowed. The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.

OHS: The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted, but not required, to start the movement if standard depth is achieved. 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. You may not use a rack

T2B: In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside t. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body. The hands.

C2B PULLUPS: This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom. At the top, the chest must clearly come into contact with the bar into contact with the bar below the collarbone.

ATHLETE / TEAM NAME	ATHLETE / TEAM SIGNATURE	DIVISION	GENDER	JUDGE INT.
X	X	<input type="radio"/> Ind. <input type="radio"/> COED	<input type="radio"/> Male <input type="radio"/> Female	