BATTLE 2 WORKOUT 2 DESCRIPTION

17:00 PT, THURSDAY, AUGUST 1, THROUGH 17:00 PT, MONDAY, AUGUST 5

WOD-A-GRIND - workout and workout variations

RX	SCALED
Beginning on a 3-minute clock, complete as many reps as possible of: 20 Calorie row 10 ASAHPCWASTO* If completed before 3 minutes, add 3 minutes to the clock and proceed to: 20 Pull ups 20 ASAHPCWASTO* If completed before 6 minutes, add 3 minutes to the clock and proceed to: 20 Toes to bar 30 ASAHPCWASTO* If completed before 9 minutes, add 3 minutes to the clock and proceed to: 20 Pull ups 40 ASAHPCWASTO* If completed before 12 minutes, add 3 minutes to the clock and proceed to: 20 Calorie row 50 ASAHPCWASTO* STOP AT 15 MINUTES *Alternating single arm hang power clean with asymmetric shoulder to overhead.	Beginning on a 3-minute clock, complete as many reps as possible of: 20 Calorie row 10 ASAHPCWASTO* If completed before 3 minutes, add 3 minutes to the clock and proceed to: 20 Pull ups 20 ASAHPCWASTO* If completed before 6 minutes, add 3 minutes to the clock and proceed to: 20 Hanging knee raises 30 ASAHPCWASTO* If completed before 9 minutes, add 3 minutes to the clock and proceed to: 20 Pull ups 40 ASAHPCWASTO* If completed before 12 minutes, add 3 minutes to the clock and proceed to: 20 Calorie row 50 ASAHPCWASTO* STOP AT 15 MINUTES *Alternating single arm hang power clean with asymmetric shoulder to overhead.
Weights	**Weights**
Male 13-14: 2 X 20lb. (8kg) dumbbells **Male 15-16:** 2 X 25lb. (10kg) dumbbells **Male 17-18:** 2 X 35lb. (15kg) dumbbells **Female 13-14:** 2 X 10lb. (5kg) dumbbells **Female 15-16:** 2 X 20lb. (8kg) dumbbells **Female 17-18:** 2 X 25lb. (10kg) dumbbells	**Male 13-14:** 2 X 10lb. (5kg) dumbbells **Male 15-16:** 2 X 20lb. (8kg) dumbbells **Male 17-18:** 2 X 25lb. (10kg) dumbbells **Female 13-14:** 2 X 10lb. (5kg) dumbbells **Female 15-16:** 2 X 10lb. (5kg) dumbbells **Female 17-18:** 2 X 20lb. (8kg) dumbbells

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BATTLE 2 WORKOUT 2 DESCRIPTION

17:00 PT, THURSDAY, AUGUST 1, THROUGH 17:00 PT, MONDAY, AUGUST 5

Movement Standards

Workout 2 of the Teenage International Championships is a 3 minute AMRAP, with additional time awarded if work is completed within each set time frame.

The workout begins with 3 minutes on the clock. If the athlete completes 20 calories row and 10 alternating single arm hang power cleans with asymmetric shoulder to overheads (ASAHPCWASTO) within the 3 minutes, the athlete may move immediately onto 20 pull ups and 20 ASAHPCWASTO, with 3 minutes added to the time in which they can complete the work. If that is completed within 6 minutes, they get an additional 3 minutes and move straight onto 20 toes to bar and 30 ASAHPCWASTO. The athlete continues in this fashion until they have either hit one of the caps or completed all the work before the final 15 minute cap.

The monitor on the rower must be set to zero at the beginning of each row with the handle in the cradle. At the call of 3, 2, 1, go, the athlete may reach forward and begin rowing. The athlete must remain seated on the rower until the monitor reads the set amount of calories.

During ALL work on the pull up bar, athletes may wrap tape around the pull up bar OR wear hand protection, but they may not tape the bar AND wear hand protection.

Each repetition of the pull ups must start with the arms fully extended at the bottom with the feet off the ground. The repetition is complete once the athlete's chin has passed above the horizontal plane of the bar.

Each repetition of toes to bar starts with the athlete's arms fully extended with the feet off the ground. The feet must be brought back behind the bar and the rest of the body for each repetition. The repetition is complete once both feet come into contact with the bar at the same time inside the hands.

For scaled athletes, the repetition is complete once the knees are raised above the hips.

ASAHPCWASTO is a new movement which is designed to test the athlete's ability to multitask by completing two movements simultaneously. The athlete will begin with one dumbbell in each hand, with one arm at full extension ready to begin the clean, and the other arm in the front rack position ready to begin the shoulder to overhead. During the repetition one arm will complete a hang power clean while the other arm will simultaneously perform a shoulder to overhead. Arms must alternate between tasks after each repetition. The hang power clean component begins with the with the arm at full extension. The clean is completed once the dumbbell is in the front rack position, in contact with the shoulder, and the hips and knees are at full extension. At the beginning of each clean the dumbbell may go between the legs or outside the legs, but must stay above knee hight. The shoulder to overhead component begins with the dumbbell on the shoulder, in contact with the shoulder, and ends once the athlete has pressed the dumbbell overhead, with arms, legs and hips fully extended. Any type of shoulder to overhead is permitted, so long as the requirements are met. The clean and shoulder to overhead must begin at the same time. The repetition is complete only once both components are fully complete.

The athlete's score is the total amount of repetitions completed before ANY of the time caps, OR the time at which ALL work is completed within the final 15 minute time cap.

Video Submission Standards

Prior to starting, film all equipment to be used so the loads can be seen clearly. 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.

Equipment

- Dumbbell of the specified weight for the athlete's division
- Rower that counts calories, similar in type and calibration to a Concept2 rower
- Pull up bar

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BATTLE 2 WORKOUT 2 SCORECARD (ALL)

17:00 PT, THURSDAY, AUGUST 1, THROUGH 17:00 PT, MONDAY, AUGUST 5

RX	SCALED
Beginning on a 3-minute clock, complete as many reps as possible of: 20 Calorie row 10 ASAHPCWASTO	Beginning on a 3-minute clock, complete as many reps as possible of: 20 Calorie row 10 ASAHPCWASTO
If completed before 3 minutes, add 3 minutes to the clock and proceed to: 20 Pull ups 20 ASAHPCWASTO	If completed before 3 minutes, add 3 minutes to the clock and proceed to: 20 Pull ups 20 ASAHPCWASTO
If completed before 6 minutes, add 3 minutes to the clock and proceed to: 20 Toes to bar 30 ASAHPCWASTO	If completed before 6 minutes, add 3 minutes to the clock and proceed to: 20 Hanging knee raises 30 ASAHPCWASTO
If completed before 9 minutes, add 3 minutes to the clock and proceed to: 20 Pull ups 40 ASAHPCWASTO	If completed before 9 minutes, add 3 minutes to the clock and proceed to: 20 Pull ups 40 ASAHPCWASTO
If completed before 12 minutes, add 3 minutes to the clock and proceed to: 20 Calorie row 50 ASAHPCWASTO	If completed before 12 minutes, add 3 minutes to the clock and proceed to: 20 Calorie row 50 ASAHPCWASTO
STOP AT 15 MINUTES	STOP AT 15 MINUTES

20 Calorie row	20
10 ASAHPCWASTO	30
If completed before 3 minutes, continue:	
20 Pull ups	50
20 ASAHPCWASTO	70
If completed before 6 minutes, continue:	
20 Toes to bar	90
30 ASAHPCWASTO	120
If completed before 9 minutes, continue:	
20 Pull ups	140
40 ASAHPCWASTO	180
If completed before 12 minutes, continue:	
20 Calorie row	200
50 ASAHPCWASTO	250

ATHLETE NAME _____ **TOTAL SCORE** _____ ☐ **RX**

Print

AFFILIATE _____ **JUDGE NAME** _____ _____ ☐ **SCALED**

Name of affiliate Print Initial

I confirm the information above accurately represents my performance for the workout. _____

Athlete signature Date

Affiliate copy

Athlete copy

ATHLETE NAME _____ **TOTAL SCORE** _____ ☐ **RX**

Print

AFFILIATE _____ **JUDGE NAME** _____ _____ ☐ **SCALED**

Name of affiliate Print Initial

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