



# WORKOUT TWO & THREE

PRESENTED BY **ROGUE**

## WORKOUT 2 - 3 MINUTES

MAX REP CLEAN & JERK

## REST 2 MINUTES

## WORKOUT 3 - 3 MINUTES

1 MAX REP MAX CLEAN & JERK

**TIME CAP /**  
8 MIN

**WORKOUT 2 SCORE /**  
TOTAL CLEAN &  
JERKS PERFORMED

**WORKOUT 3 SCORE /**  
HEAVIEST CLEAN &  
JERK PERFORMED

**WORKOUT 2 TIE BREAKER /**  
CLEAN & JERK LOAD ON  
WORKOUT 3

**WORKOUT 3 TIE BREAKER /**  
TOTAL CLEAN & JERKS  
PERFORMED ON WORKOUT 2

**ELITE/RX, INTMD/SCALED, MASTER'S (35-39, 40-44, 45-49, 50-54, 55+, TEEN 16-18)**

WORKOUT 2 - 165, 115LB

**TEEN 13-15**

WORKOUT 2 - 115, 75LB

**SCALED OPTION - ALL DIVISIONS - EXCEPT ADAPTIVE /**

WORKOUT 2 - 95, 65LB

TEEN 13-15 - 65, 45LB

## **EQUIPMENT /**

Barbell, clips & full-set of plates

## FLOW /

WOD 2 & 3 begins with a barbell pre-set to a specific weight. At the start of the eight minute clock, the athlete will use the first three minutes to perform as many clean & jerks as possible, any style.

At the conclusion of the first three minutes, WOD 2 is done, and the score is the total number of reps completed.

The clock will then continue, and minute 3:00 to minute 5:00 is considered a rest period. The athlete may do whatever they like during this time, including change the weight on the barbell in preparation for the start of WOD 3.

At the 5:00 mark, WOD 3 begins. From minute 5:00 to minute 8:00, the athlete shall build up in weight to establish their heaviest possible clean & jerk, any style. The athlete may increase and decrease weight during the two minute rest period, and during this three minute window however they so please.

All attempts must be completed by the 8:00 mark, at which point WOD 3 is complete.

Please note, you must have clips on the bar when performing clean and jerks for both WOD 2 & WOD 3.

## MOVEMENT STANDARDS /



### CLEAN & JERK /

For the clean & jerk on WOD 2 & 3, any style of clean, and any style of jerk is permitted. This simply means the barbell must originate on the floor, arrive at the athlete's shoulder, and finish with the barbell locked out overhead, with the athlete's hips, knees, shoulders, and arms at full extension, with the barbell over the athlete's center of mass.

Some examples of permissible reps include a power clean, split clean, hang clean, squat clean, hang squat clean, into a strict press, push press, push jerk, or split jerk.

If the athlete completes the clean, but not the jerk, that rep will not be counted.



**FAQ /**

**Change plates**

an athlete may use change plates, but the final total weight must be rounded DOWN to the nearest single pound. No decimal pounds will be accepted.

**Do I need clips?**

Yes. Any athlete deemed not using clips for any attempts will not be counted.

**Can you explain the tie-breaker?**

Sure! Your score on WOD 2 (total clean & jerks,) is the tie-breaker for WOD 3, and your score on WOD 3 (heaviest C&J) is the tie-breaker for WOD 2. So basically, as an example, if two athletes both hit a 315lb Clean & Jerk on WOD 3, but one athlete gets three more repetitions on WOD 2, they win the tie-breaker.



WEEK ONE / WORKOUT TWO & THREE  
SCORECARD

ROGUE

ELITE/RX, INTERMEDIATE, MASTER'S 35-39, MASTER'S 40-44,  
MASTER'S 45-49, MASTER'S 50-54, MASTER'S 55+, TEEN 16-18, TEEN 13-15,  
SCALED

MINUTE 0-3 / WORKOUT 2

MAX  
CLEAN &  
JERK

TALLY YOUR REPS

TOTAL  
REPS

MINUTE 3-5 / TRANSITION

MINUTE 5-8 / WORKOUT 3

1 REP MAX  
CLEAN &  
JERK

ATTEMPT 1

ATTEMPT 2

ATTEMPT 3

ATTEMPT 4

ATTEMPT 5

ATTEMPT 6

WORKOUT 2  
SCORE

WORKOUT 2  
TIE BREAK

WORKOUT 3  
SCORE

WORKOUT 3  
TIE BREAK

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_