

WORKOUT TWO

PRESENTED BY  VICTORY GRIPS

16 MINUTE AMRAP

40 ALT DB SNATCHES (50, 35LB)

40 PULL-UPS

30 DB BURPEES

30 C2B PULL-UPS

20 DEVIL PRESSES

20 BAR MUSCLE-UPS

TIME CAP / 16 MIN **SCORE / TOTAL REPS**

TIE BREAKER / TOTAL TIME ELAPSED AT THE COMPLETION OF THE FIRST ROUND OF 20 DEVIL PRESSES

ALTERNATE OPTION / ANYONE COMPLETING ALTERNATE VERSION IS NOT ELIGIBLE FOR ANY QUALIFYING DIVISIONS

40 ALT DB SNATCHES (35/20LB)

40 JUMPING PULL-UPS

30 DB BURPEES

30 RING ROWS

20 DEVIL PRESSES

20 PULL-UPS

EQUIPMENT /

Pair of Dumbbells and Pull-up Bar

If performing in kilograms: **50lb = 22.5kg, 35lb = 15kg, 20lb = 10kg**

FLOW /

Prior to the start of the clock, the athlete will stage their dumbbells and pull-up bar.

At the start of the ascending clock, the athlete will begin with 40 alternating dumbbell snatches. The dumbbell must alternate hands every successful repetition. In the case an athlete is given a no-rep on a particular arm, they must reperform the repetition on that arm prior to continuing. Once the athlete completes 40 alternating dumbbell snatches, they will proceed to the pull-up rig to perform 40 pull-ups or jumping pull-ups.

After the 40 pull-ups are complete, the athlete will return to the dumbbells for 30 dumbbell burpees. When the 30 dumbbell burpees are finished, the athlete may head back to the rig to complete 30 chest-to-bar pull-ups (or ring rows for alternate.) Upon completion, the athlete will begin the 20 devil presses.

Once the devil presses are complete the athlete may begin their 20 bar muscle-ups (or 20 pull-ups for alternate.)

If the athlete completes their 20 bar muscle-up or pull-up repetition within the 16-minute window, they will start at the top of the AMRAP with 40 alternating dumbbell snatches. If time still remains upon completion, the athlete will continue back to the rig, and continue through the work until the 16 minute time-cap has elapsed.

MOVEMENT STANDARDS /

DUMBBELL SNATCH /

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, both heads of the dumbbell must touch the ground.

The dumbbell must be lifted overhead in one motion. Touch and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition. The dumbbell must be lowered below the top of the athlete's head before he or she can switch hands for the next rep. The non-lifting hand and arm may not be in contact with the body during the repetition. If the athlete receives a no rep and has already switched hands, the athlete may proceed from where he or she is. The athlete does not need to return the dumbbell to the no-repped arm for the next repetition to count.

At the top, the arms, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a muscle snatch, power snatch, squat snatch or split-style snatch.

However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

PULL-UP /

This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met.

MOVEMENT STANDARDS (CONT.) /

PULL-UP (CONT.) /

The arms must be fully extended at the bottom, with the feet off the ground. At the top, the chin must break the horizontal plane of the bar.

DUMBBELL BURPEE /

Athletes will start each repetition with the dumbbells on the ground. Then, with the athlete's hands on the dumbbell, they'll perform a burpee, with chest making contact with the floor. From here, the athlete will jump to their feet, never taking their hands from the dumbbells. The athlete will then perform a "deadlift" with the dumbbells while they are standing.

The repetition is counted when the athlete stands with their knees and hips fully extended while maintaining control of the dumbbells. The dumbbells cannot be "dropped" from the top of the deadlift at any time. They must be controlled back down to the ground safely.

CHEST TO BAR PULL-UP /

The chest to bar pull-up begins with an athlete at a dead-hang (arms, shoulders, and hips extended) from a pull-up rig. The athlete then, using any style (kipping, butterfly, strict,) must draw anywhere from their clavicle to their first rib in physical contact with the bar. Each repetition begins with the athlete in a dead-hang, and finishes with the athlete making contact with their chest to the bar.

DEVIL PRESS /

The Devil Press is a movement featuring two dumbbells of the same weight, and is essentially a combination of a dumbbell burpee, and a double dumbbell snatch.

Athletes will start each repetition with the dumbbells on the ground. Then, with the athlete's hands on the dumbbell, they'll perform a burpee, with chest making contact with the floor. From here, the athlete will jump to their feet, never taking their hands from the dumbbells. Next, the athlete shall snatch or swing both dumbbells from the floor simultaneously, and finish with both locked out overhead, with hips, knees, shoulders, and arms at full extension. This shall indicate a completed repetition.

Please note, the athlete may "swing" the dumbbells between their legs to help to build momentum to get them overhead, but the athlete may NOT pause at the shoulders and press the dumbbells.

BAR MUSCLE UP /

The bar muscle up begins with the athlete at a dead hang on the pull up bar. Arms must be fully extended with feet off of the ground. Kipping of any kind is permitted as long as feet do not pass the height of the pull up bar.

At the top of each repetition, the elbows must be fully locked out while the athlete is in a position of support above the bar. Athletes may not rest on the bar using a weight belt, laying on their torso, hip, etc.

In the locked out position, the hands are the only point of contact helping the athlete stay in support.

Athletes cannot remove their hands from the pull up bar in the position of support.

Athletes may use gymnastics grips or gloves. They may also use tape but cannot use both together. They must choose between tape or hand protection. They cannot be combined.

MOVEMENT STANDARDS (CONT.) /

RING ROW /

The ring row begins with a set of hanging rings. The rings must be set so they are shoulder width apart. The athlete must have a full grip of the rings in a supine lying position. The rings must be set so body stays rigid with arms and legs fully extended. They must also stay in line with the shoulder joint at all times. The elbows must pull back until rings touch the side of the athlete's chest. At the end of the repetition, the arm must finish in full extension. The athlete must remain in a hollow or parallel with the ground at all times.

JUMPING PULL-UP /

The jumping pull-up requires the athlete to set up a box or platform beneath a pull-up rig. The box should be set up so that when the athlete is standing at full extension with arms overhead and locked out, the pull-up bar meets them roughly three inches below the start of their wrist.

A repetition is performed when an athlete starts grabbing the pull-up bar, and squats so that their shoulders and arms are at full extension. The athlete can then use a combination of jumping and pulling so the chin breaks the horizontal plane of the bar.

SCORING /

This workout is scored as the total repetitions performed within the allotted 16minute time cap.

The tie-breaker will be recorded as the total time elapsed at the completion of the first round of 20 devil presses. If an athlete is unable to finish the devil press, the tie-break time will be 16 minute.

VIDEO SUBMISSION /

Prior to starting, the athlete should state their name, and film their dumbbells in a way that clearly displays the weight. 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.

While video submission is not required until the conclusion of the challenge, we recommend filming all of your completed workouts in preparation for those requested.



WEEK ONE / WORKOUT TWO



SCORECARD

PRESCRIBED WORKOUT / SCORE SUBMISSION DUE: AUGUST 26TH, AT 8PM ET

16 MINUTE AMRAP

ROUND ONE

ALTERNATING
DUMBBELL
SNATCHES

10

20

30

40

40

PULL-UPS

10

20

30

40

80

DUMBBELL
BURPEES

10

20

30

110

CHEST
TO BAR
PULL-UPS

10

20

30

140

DEVIL
PRESSES

10

20

160

BAR
MUSCLE
UPS

10

20

180

ROUND TWO

10

20

30

40

220

10

20

30

40

260

10

20

30

290

10

20

30

320

10

20

340

10

20

360

TOTAL REPS

TIE BREAK TIME

:

ATHLETE NAME

SIGNATURE

JUDGE NAME



WEEK ONE / WORKOUT TWO



SCORECARD

ALTERNATE WORKOUT / SCORE SUBMISSION DUE: AUGUST 26TH, AT 8PM ET

16 MINUTE AMRAP

ROUND ONE

ALTERNATING DUMBBELL SNATCHES	10	20	30	40 ₄₀
JUMPING PULL-UPS	10	20	30	40 ₈₀
DUMBBELL BURPEES	10	20	30 ₁₁₀	
RING ROWS	10	20	30 ₁₄₀	
DEVIL PRESSES	10	20 ₁₆₀		
PULL-UPS	10	20 ₁₈₀		

ROUND TWO

	10	20	30	40 ₂₂₀
	10	20	30	40 ₂₆₀
	10	20	30 ₂₉₀	
	10	20	30 ₃₂₀	
	10	20 ₃₄₀		
	10	20 ₃₆₀		

TOTAL REPS

TIE BREAK TIME

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____