



WORKOUT TWO *and* THREE

PRESENTED
BY
NOBULL

WORKOUT TWO

PAIRS SPLIT 9 TOTAL REP MAX OVERHEAD SQUATS
(MALE 1, MALE 2)

WORKOUT THREE

PAIRS SPLIT 9 TOTAL REP MAX OVERHEAD SQUATS
(FEMALE 1, FEMALE 2)

SCORE /

TOTAL WEIGHT

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

WORKOUT 2

9RM TOTAL FRONT SQUATS (MALE 1, MALE 2)

WORKOUT 3

9RM TOTAL FRONT SQUATS (FEMALE 1, FEMALE 2)

EQUIPMENT /

Barbell, Clips, Plates



FLOW /

This workout is scored by the total 9RM between the two members of the same gender.

Workout 2 is a 9RM for both men, workout 3 is the 9RM for both women.

Athletes can break up the 9RM however they wish.

If male 1 performs only 1 Overhead Squat, male 2 must perform 8.

If male 1 performs 6 Overhead Squats, male 2 must perform 3.

The same goes for the female version of the workout.

The team's score is the total of each sex.

The barbell can come off of the rack, floor or shoulders.

All scores must be submitted in pounds (lbs) regardless if performed in kilograms (kg).

This workout has no time cap.

MOVEMENT STANDARDS /

OVERHEAD SQUAT /

The hip crease must be below the top of the knee in the bottom position. A squat snatch is permitted, but not required, to start the first repetition as long as the standard depth is achieved.

The bar may come off a rack, cleaned and back racked, etc.

Once the crease of the hip has gone below parallel, the athlete can stand to full extension with the barbell in an overhead position.

Clips must be used for all lifts to be counted.

FRONT SQUAT /

In the front squat, the barbell must be held in the front rack position. The hip crease must clearly pass below the top of the knees in the bottom position. At the top, the knees and hips must be completely open with the barbell in control. A full squat clean on the first repetition will count as a repetition as long as all the above requirements are met.

The bar may come off a rack, power cleaned, etc.

Clips must be used for all lifts to be counted.

SCORING /

This workout is scored as the combined weight of each athlete's repetition of the 9RM Overhead (or Front) Squat.



VIDEO SUBMISSION /

Prior to starting, the athlete must state their name, workout being performed, and clearly film the barbell and weights to be used so the weight can be identified. 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.

Weights used must be declared and confirmed on video for score to be accepted.

Clips must be on for score to count.

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.



SCORECARD

PRESCRIBED WORKOUT / SCORE SUBMISSION DUE: DECEMBER 16TH AT 8PM EST

WORKOUT 2

PAIRS SPLIT 9 TOTAL REP MAX OVERHEAD SQUATS

MALE 1

MALE 2

MALE 1

MALE 2

ATTEMPT 1

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WEIGHT REPS

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WEIGHT REPS

ATTEMPT 2

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WEIGHT REPS

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WEIGHT REPS

MALE 1

MALE 2

MALE 1

MALE 2

ATTEMPT 3

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WEIGHT REPS

--	--

WEIGHT REPS

ATTEMPT 4

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WEIGHT REPS

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WEIGHT REPS

WORKOUT 3

PAIRS SPLIT 9 TOTAL REP MAX OVERHEAD SQUATS

FEMALE 1

FEMALE 2

FEMALE 1

FEMALE 2

ATTEMPT 1

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WEIGHT REPS

--	--

WEIGHT REPS

ATTEMPT 2

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WEIGHT REPS

--	--

WEIGHT REPS

FEMALE 1

FEMALE 2

FEMALE 1

FEMALE 2

ATTEMPT 3

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WEIGHT REPS

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WEIGHT REPS

ATTEMPT 4

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WEIGHT REPS

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WEIGHT REPS

**WORKOUT 2
TOTAL WEIGHT**

**WORKOUT 3
TOTAL WEIGHT**

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



SCORECARD

ALTERNATE WORKOUT / SCORE SUBMISSION DUE: DECEMBER 16TH AT 8PM EST

WORKOUT 2

PAIRS SPLIT 9 TOTAL REP MAX FRONT SQUATS

MALE 1

MALE 2

MALE 1

MALE 2

ATTEMPT 1

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WEIGHT REPS

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WEIGHT REPS

ATTEMPT 2

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WEIGHT REPS

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WEIGHT REPS

MALE 1

MALE 2

MALE 1

MALE 2

ATTEMPT 3

--	--

WEIGHT REPS

--	--

WEIGHT REPS

ATTEMPT 4

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WEIGHT REPS

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WEIGHT REPS

WORKOUT 3

PAIRS SPLIT 9 TOTAL REP MAX FRONT SQUATS

FEMALE 1

FEMALE 2

FEMALE 1

FEMALE 2

ATTEMPT 1

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WEIGHT REPS

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WEIGHT REPS

ATTEMPT 2

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WEIGHT REPS

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WEIGHT REPS

FEMALE 1

FEMALE 2

FEMALE 1

FEMALE 2

ATTEMPT 3

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WEIGHT REPS

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WEIGHT REPS

ATTEMPT 4

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WEIGHT REPS

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WEIGHT REPS

**WORKOUT 2
TOTAL WEIGHT**

**WORKOUT 3
TOTAL WEIGHT**

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____