

WORKOUT ONE

# DEATH BY 2.0

PRESENTED BY **ROGUE®**

**IN 8MIN COMPLETE 4 ROUNDS OF:**

- 8 BURPEE BOX JUMP OVERS (24, 20IN)
- 8 HANG POWER SNATCHES (115, 80LB)
- 8 THRUSTERS

IF ALL WORK IS COMPLETED BENEATH THE 8 MINUTE CAP, REST THE REMAINDER AND WAIT UNTIL THE 8 MINUTE MARK, RIGHT INTO...

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**IN 7MIN COMPLETE 4 ROUNDS OF:**

- 8 BURPEE BOX JUMP OVERS (24, 20IN)
- 8 HANG POWER SNATCHES (115, 80LB)
- 8 THRUSTERS

IF ALL WORK IS COMPLETED BENEATH THE 7 MINUTE CAP, REST THE REMAINDER AND WAIT UNTIL THE 15 MINUTE MARK, RIGHT INTO...

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**IN 6MIN COMPLETE 4 ROUNDS OF:**

- 8 BURPEE BOX JUMP OVERS (24, 20IN)
- 8 HANG POWER SNATCHES (115, 80LB)
- 8 THRUSTERS

IF ALL WORK IS COMPLETED BENEATH THE 6 MINUTE CAP, REST THE REMAINDER AND WAIT UNTIL THE 21 MINUTE MARK, RIGHT INTO...

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**IN 5MIN COMPLETE 4 ROUNDS OF:**

- 8 BURPEE BOX JUMP OVERS (24, 20IN)
- 8 HANG POWER SNATCHES (115, 80LB)
- 8 THRUSTERS

**TIME CAP /**

26 MIN

**SCORE /**

TOTAL TIME IF COMPLETE,  
TOTAL SCORE BEFORE TIME  
EXPIRED.

**TIE BREAKER /**

ELAPSED TIME AT WHICH YOU  
COMPLETED YOUR LAST FULL  
ROUND.

<p><b>ELITE/RX</b></p> <p>115, 80 LB (52, 36 KG) 24, 20IN</p>	<p><b>INTER, 45-49, 16-18</b></p> <p>95, 65 LB (43, 29 KG) 24, 20IN</p>	<p><b>35-39, 40-44</b></p> <p>115, 80 LB (52, 36 KG) 24, 20IN</p>	<p><b>50-54, 55-59</b></p> <p>75, 55 LB (34, 25 KG) 24, 20IN</p>
<p><b>60-64, 65+</b></p> <p>65, 45 LB (43, 20 KG) 24, 20IN STEP-UPS &amp; OVERS ALLOWED</p>	<p><b>13-15</b></p> <p>65, 45 LB (43, 20 KG) 20IN</p>	<p><b>MODIFIED: BEGINNER, SCALED</b></p> <p>45, 35LB 24, 20IN STEP-UPS &amp; OVERS ALLOWED</p>	

## REQUIRED EQUIPMENT /

Box 24" / 20", Barbell, Plates, Clips or collars

## SCORING /

If all work is completed beneath the 26 minute cap, the athlete's score is the total elapsed time on the clock when the athlete completes the 4th round within the 5 minute window.

If at any point the athlete does not finish all 4 rounds of a segment within the prescribed time, their workout is done. Their score will be the total number of repetitions completed before time expired in the current segment, along with the tiebreak time from the previous fully completed segment.

An athlete may choose to perform the "Modified" version of the workout, in which case when submitting their score in Competition Corner they will indicate as such. Please note, any athlete choosing to perform the modified variation will rank lower than any athlete that elects to perform the workout as prescribed.

## TIEBREAK /

This workout includes a tiebreak. If all 384 reps are completed prior to the 26-minute time cap, your score will be your total time, and there will be no tiebreaker. However, if you are not able to complete all rounds of any segment within the prescribed time, a tiebreaker will be factored into your final score. During the workout, be sure to note your time at the end of each set of 4 rounds. When you submit your score, there will be a space for your final rep count and an additional field for you to enter the elapsed time at which you completed your last full round. In the case where two athletes have



## **TIEBREAK (CONT.) /**

the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

0 - 95 reps, tiebreak is your finish time in segment 1

97 - 191 reps, tiebreak is 0:00 - 7:59

193 - 287 reps, tiebreak is 8:00 - 14:59

289 - 383 reps, tiebreak is 15:00 - 20:59

## **WORKOUT FLOW /**

This workout begins with the athlete standing tall behind the box. At the start of the clock, the athlete will begin performing 8 burpee box jump overs. After completion of the last burpee the athlete must move to the barbell and complete 8 hang power snatches, followed by 8 thrusters. The athlete may go right into the thrusters once the snatch work is complete if they choose; no reset is required. At the completion of the thrusters, the athlete will start the next round in the same fashion to complete a total of 4 rounds within the first 8 minute window.

If all work is completed within the 8 minute cap, the athlete must record the time completed and rest in the remaining time.

At the 8 minute mark, the athlete will then complete 4 rounds of 8 burpee box jump overs, 8 hang power snatches and 8 thrusters but now in a 7 minute window.

If all work is completed within the 7 minute cap (before 15:00 elapsed time on clock), the athlete must record the time completed and rest in the remaining time.

At the 15 minute mark, the athlete will then complete 4 rounds of 8 burpee box jump overs, 8 hang power snatches and 8 thrusters but now in a 6 minute window.

If all work is completed within the 6 minute cap (before 21:00 elapsed time on clock), the athlete must record the time completed and rest in the remaining time.

At the 21 minute mark, the athlete will then complete 4 rounds of 8 burpee box jump overs, 8 hang power snatches and 8 thrusters but now in a 5 minute window.

If all work is completed prior to 26 minutes, the athlete will record the time completed and that will be their score for this workout.

## WORKOUT FLOW (CONT.) /

If an athlete does not complete all work within any segment before the prescribed time cap, their workout is done and their score is the total number of repetitions completed, along with time recorded from the previous fully completed segment.

## MOVEMENT STANDARDS /

### Burpee Box Jump Over

The athlete must be facing the box at the bottom position, with the athlete's chest and thighs touching the ground. A step out or jump out and back from the bottom of the burpee IS allowed. The athlete must come to his or her feet and jump over the box to the other side where the athlete will start the next rep, again facing the box. The jump must be a two-footed jump, and only the athlete's feet may touch the box. Landing on top of the box is allowed, but not required. The feet must go over the box not around it. Full extension at the top is not required. Each rep, including the final rep, is complete once the athlete has landed on the other side of the box from the last completed burpee.

\*\*Masters 60 and up may complete step overs in place of the jump over the box.

### Hang Power Snatch

Each repetition must start from the hang. Any repetition taken from the floor, must achieve a deadlift lockout (hips and knees fully extended, arms straight, shoulders behind the bar) before re-dipping to initiate the hang snatch. The barbell must remain above the knee and below the hip with arms straight at the initiation of each rep. The rep is counted with the bar coming to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. Power snatching the barbell from the ground in one continuous motion is not permitted.

### Thruster

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. Unless moving directly to the thruster from the snatch, the bar must be cleaned from the ground, no racks allowed. At the bottom of each rep, the hip crease must clearly pass below the top of the knees. A full squat clean into the thruster is allowed when the bar is taken from the floor. The rep is credited when the barbell is locked out overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body.



## FILMING RECOMMENDATIONS /

- Film the plates and barbell so the loads can be seen clearly, and show the height of the box with a tape measure.
- Clock must be in view and counting up through the entire workout. Athlete must record total elapsed time for tie breaks / finish time if workout is completed.
- Videos must be uncut and unedited to accurately display the performance.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Full Requirements and Guidelines for video submission can be found [HERE](#)



# WORKOUT ONE / SCORECARD

# ROGUE®

## ALL DIVISIONS

### ROUND 1 / 0:00-8:00

	8 BBJO	8 HANG POWER SNATCH	8 THRUSTER
RND 1	8	16	24
RND 2	32	40	48
RND 3	56	64	72
RND 4	80	88	96

**RND 1 TIEBREAK TIME**  :

### ROUND 2 / 8:00-15:00

	8 BBJO	8 HANG POWER SNATCH	8 THRUSTER
RND 1	104	112	120
RND 2	128	136	144
RND 3	152	160	168
RND 4	176	184	192

**RND 2 TIEBREAK TIME**  :

### ROUND 3 / 15:00-21:00

	8 BBJO	8 HANG POWER SNATCH	8 THRUSTER
RND 1	200	208	216
RND 2	224	232	240
RND 3	248	256	264
RND 4	272	280	288

**RND 3 TIEBREAK TIME**  :

### ROUND 4 / 21:00-26:00

	8 BBJO	8 HANG POWER SNATCH	8 THRUSTER
RND 1	296	304	312
RND 2	320	328	336
RND 3	344	352	360
RND 4	368	376	384

**RND 4 FINISH TIME**  :

OR

**TOTAL REPS COMPLETED**

**TIEBREAK FROM LAST COMPLETED ROUND**  :

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

**SIGNATURE** \_\_\_\_\_

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