

WORKOUT ONE

DEATH BY 2.0

PRESENTED BY ROGUE®

UPPER IMPAIRMENT

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (50/35LB)  
8 THRUSTERS (35, 20LB)

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

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (50/35LB)  
8 THRUSTERS (35, 20LB)

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

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (50/35LB)  
8 THRUSTERS (35, 20LB)

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

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (35, 20LB)  
8 THRUSTERS (35, 20LB)

LOWER IMPAIRMENT

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (35, 20LB)  
8 THRUSTERS (35, 20LB)

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

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (35, 20LB)  
8 THRUSTERS (35, 20LB)

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

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (35, 20LB)  
8 THRUSTERS (35, 20LB)

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

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (35, 20LB)  
8 THRUSTERS (35, 20LB)

IF ALL WORK IS COMPLETED BENEATH THE 5MIN CAP, THE ATHLETE'S SCORE IS THE TOTAL TIME ON THE CLOCK WHEN THE ATHLETE COMPLETES THE 4TH ROUND WITHIN THE 5 MIN WINDOW.

IF NOT, THE ATHLETE'S SCORE IS THE TOTAL NUMBER OF REPS COMPLETED BEFORE TIME EXPIRED.

THE TIE-BREAKER WILL BE THE TIME ON THE CLOCK AT THE COMPLETION OF THE 4TH ROUND IN THE PREVIOUSLY FULLY COMPLETED SEGMENT.

## NEUROMUSCULAR

### IN 8MIN COMPLETE 4 ROUNDS OF:

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 HANG POWER SNATCHES (25,15LBS)  
8 THRUSTERS (25,15LBS)

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

### IN 7MIN COMPLETE 4 ROUNDS OF:

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 HANG POWER SNATCHES (25,15LBS)  
8 THRUSTERS (25,15LBS)

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

### IN 6MIN COMPLETE 4 ROUNDS OF:

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 HANG POWER SNATCHES (25,15LBS)  
8 THRUSTERS (25,15LBS)

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

### IN 5MIN COMPLETE 4 ROUNDS OF:

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 HANG POWER SNATCHES (25,15LBS)  
8 THRUSTERS (25,15LBS)

IF ALL WORK IS COMPLETED BENEATH THE 5MIN CAP, THE ATHLETE'S SCORE IS THE TOTAL TIME ON THE CLOCK WHEN THE ATHLETE COMPLETES THE 4TH ROUND WITHIN THE 5 MIN WINDOW.

IF NOT, THE ATHLETE'S SCORE IS THE TOTAL NUMBER OF REPS COMPLETED BEFORE TIME EXPIRED.

THE TIE-BREAKER WILL BE THE TIME ON THE CLOCK AT THE COMPLETION OF THE 4TH ROUND IN THE PREVIOUSLY FULLY COMPLETED SEGMENT.

## SEATED

### IN 8MIN COMPLETE 4 ROUNDS OF:

8 U-TURNS 20IN  
8 HANG POWER SNATCHES (75, 45LBS)  
8 RING DIPS

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

### IN 7MIN COMPLETE 4 ROUNDS OF:

8 U-TURNS 20IN  
8 HANG POWER SNATCHES (75, 45LBS)  
8 RING DIPS

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

### IN 6MIN COMPLETE 4 ROUNDS OF:

8 U-TURNS 20IN  
8 HANG POWER SNATCHES (75, 45LBS)  
8 RING DIPS

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

### IN 5MIN COMPLETE 4 ROUNDS OF:

8 U-TURNS 20IN  
8 HANG POWER SNATCHES (75, 45LBS)  
8 RING DIPS

**SCALED UPPER IMPAIRMENT,  
SCALED LOWER IMPAIRMENT**

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (20/10LB)  
8 THRUSTERS (20/10B)

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

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (20/10LB)  
8 THRUSTERS (20/10B)

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

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (20/10LB)  
8 THRUSTERS (20/10B)

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

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (20/10LB)  
8 THRUSTERS (20/10B)

**SCALED NEUROMUSCULAR**

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 DB HANG POWER SNATCHES (20/10LB)  
8 THRUSTERS (20/10B)

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

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 HANG POWER SNATCHES (25,15LBS)  
8 THRUSTERS (25,15LBS)

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

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

8 BURPEE TO TARGET (20IN)  
8 HANG POWER SNATCHES (20/10LBS)  
8 THRUSTERS (25,15LBS)

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

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

8 BURPEE BOX JUMP/STEP OVERS (20IN)  
8 HANG POWER SNATCHES (25,15LBS)  
8 THRUSTERS (25,15LBS)

IF ALL WORK IS COMPLETED BENEATH THE 5MIN CAP, THE ATHLETE'S SCORE IS THE TOTAL TIME ON THE CLOCK WHEN THE ATHLETE COMPLETES THE 4TH ROUND WITHIN THE 5 MIN WINDOW.

IF NOT, THE ATHLETE'S SCORE IS THE TOTAL NUMBER OF REPS COMPLETED BEFORE TIME EXPIRED.

THE TIE-BREAKER WILL BE THE TIME ON THE CLOCK AT THE COMPLETION OF THE 4TH ROUND IN THE PREVIOUSLY FULLY COMPLETED SEGMENT.

**SCALED SEATED**

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

- 8 U-TURNS 20IN
- 8 HANG POWER SNATCHES (45, 35LBS)
- 8 DIPS

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

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

- 8 U-TURNS 20IN
- 8 HANG POWER SNATCHES (45, 35LBS)
- 8 DIPS

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

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

- 8 U-TURNS 20IN
- 8 HANG POWER SNATCHES (45, 35LBS)
- 8 DIPS

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

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

- 8 U-TURNS 20IN
- 8 HANG POWER SNATCHES (45, 35LBS)
- 8 DIPS

IF ALL WORK IS COMPLETED BENEATH THE 5MIN CAP, THE ATHLETE'S SCORE IS THE TOTAL TIME ON THE CLOCK WHEN THE ATHLETE COMPLETES THE 4TH ROUND WITHIN THE 5 MIN WINDOW.

IF NOT, THE ATHLETE'S SCORE IS THE TOTAL NUMBER OF REPS COMPLETED BEFORE TIME EXPIRED.

THE TIE-BREAKER WILL BE THE TIME ON THE CLOCK AT THE COMPLETION OF THE 4TH ROUND IN THE PREVIOUSLY FULLY COMPLETED SEGMENT.

<b>UPPER RX</b>	<b>LOWER RX</b>	<b>NEUROMUSCULAR RX</b>	<b>SEATED RX</b>
1X 35, 20 LB, 20IN	2X 35, 20 LB, 20IN	1X 35, 20 LB, 20IN	75, 45 LB, 20IN
<b>UPPER SCALED</b>	<b>LOWER SCALED</b>	<b>NEUROMUSCULAR SCALED</b>	<b>SEATED SCALED</b>
1X 20, 10 LB, 20IN	2X 20, 10 LB, 20IN	1X 20, 10 LB, 20IN	45, 35 LB, 20IN

## REQUIRED EQUIPMENT /

Seated - Box 20", Barbell, Plates, Clips or collars, 2x Gymnastic Rings

Standing - Box 20", Dumbbell(s)

## 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 completed segment.

## 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 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.

## WORKOUT FLOW /

This workout begins with the Standing athlete standing tall behind the box, Seated athletes will start seated in a wheelchair beside the box. At the start of the clock, the athlete will begin performing 8 burpee box jump/step overs, seated U-turns. After completion of the last burpee/Uturn the athlete must move to the Dumbbell and seated to barbell and complete 8 hang power snatches, followed by 8 thrusters, seated athletes will move to the dips and perform 8 dips. The Standing 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/Ring Dips, 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.

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

**MOVEMENT STANDARDS (CONT.) /**

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.

\*\*Lower and Neuro Athletes & scaled athletes may complete step overs in place of the jump over the box.

**Dumbbell 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, arm straight, shoulders behind the Dumbbell) before re-dipping to initiate the hang snatch. The Dumbbell must remain above the knee and below the hip with arms straight at the initiation of each rep. The rep is counted with the Dumbbell coming to full lockout overhead with the hips, knees and arms fully extended, and the Dumbbell directly over the middle of the body. Power snatching the Dumbbell from the ground in one continuous motion is not permitted. Athletes in the lower division must switch arms after the rep is complete. Athletes in the Neuromuscular and Upper Divisions may choose to remain on the same arm for all reps.

**Dumbbell Thruster**

This is a standard Dumbbell thruster in which the Dumbbell moves from the bottom of a front squat to full lockout overhead. Unless moving directly to the thruster from the snatch, the Dumbbell must be cleaned from the ground. 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 Dumbbell is taken from the floor. The rep is credited when the Dumbbell is locked out overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body.

Lower division athletes must use 2 dumbbells and may squat to a box set below parallel. Upper and Neuromuscular athletes will use one dumbbell for the thruster. Neuro athletes will be allowed to set a box below parallel to squat to.

**SEATED MOVEMENT STANDARDS**

U-Turns (20" box) This is a standard U-Turn,  
Athlete:

- Must use a 20 inch width space
- If a "no rep" is received for any reason, the entire rep must be repeated.
- Must measure and clearly show on video for width of the U-Turn space

## MOVEMENT STANDARDS (CONT.) /

Athletes will start with a 20" width space clearly marked on the floor with cones or boxes. Each rep will start with the rear axles of the wheelchair past the front of the markers. The athlete will then pull backwards, spin away from the cone or box passing the rear axles past the front of the opposite side marker. The rep will count when the rear axle passes clear the front of the marker.

### Barbell Hang Power Snatch

Each repetition must start from the hang. The Hang position is considered - from the lap or on boxes set up with the Barbell less than 3 inches above the lap. Any repetition taken from the floor, must achieve a seated "hang" position before re-dipping to initiate the hang snatch. The rep is counted with the bar coming to full lockout overhead with the Shoulders over the hips, 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.

### Ring Dip

This is a standard Ring dip, The athlete will perform this movement from outside of the wheelchair or assistive device. No RX athletes may use any item to sit off like a box or bench ect.

Rings will be positioned at a height so that at the bottom of the Dip the elbows and shoulders are at the same level. Feet may be touching the ground during the bottom portion of the Dip. At the top of the Dip Feet may stay on the ground and arms must lock out directly parallel to the midline. Hands must be in line with hips at the top of the dip, they may not be positioned behind or in front of the hips. Locked out will consist of elbows fully extended at the top of the rep. Reps will be counted at the top of the Dip.

Scaled divisions may touch the buttox to a box or chair at the bottom of the dip.

## FILMING RECOMMENDATIONS /

- Film the Dumbbell/plates and barbell so the loads can be seen clearly, and show the height/ width 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](#)



## STANDING UPPER, LOWER & NEURO

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

	8 BBJO/ STEP OVER	8 DB HANG POWER SNATCH	8 DB 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/ STEP OVER	8 DB HANG POWER SNATCH	8 DB 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/ STEP OVER	8 DB HANG POWER SNATCH	8 DB 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/ STEP OVER	8 DB HANG POWER SNATCH	8 DB 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 \_\_\_\_\_

## SEATED

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

	U-TURNS 20"	8 HANG POWER SNATCH	8 RING DIPS/ DIPS
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

	U-TURNS 20"	8 HANG POWER SNATCH	8 RING DIPS/ DIPS
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

	U-TURNS 20"	8 HANG POWER SNATCH	8 RING DIPS/ DIPS
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

	U-TURNS 20"	8 HANG POWER SNATCH	8 RING DIPS/ DIPS
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 \_\_\_\_\_