

WORKOUT 2, 3 & 4

THE TRINITY 2.0

PRESENTED BY

cbdMD™

**ELITE/RX, INTERMEDIATE,
SCALED, BEGINNER**

**ON A 20MIN RUNNING CLOCK,
EACH ATHLETE COMPLETES THE
FOLLOWING:**

WORKOUT 2
MINUTE 0-2

1 SET OF MAX UNBROKEN
TOES-TO-BAR

WORKOUT 3
AT THE 2:00 MARK

2,000M ROW TIME TRIAL

WORKOUT 4
WITH REMAINING TIME

1RM SNATCH

**MODIFIED:
SCALED, BEGINNER**

**ON A 20MIN RUNNING CLOCK,
EACH ATHLETE COMPLETES THE
FOLLOWING:**

WORKOUT 2
MINUTE 0-2

1 SET OF MAX UNBROKEN
HANGING TOE RAISES

WORKOUT 3
AT THE 2:00 MARK

2,000M ROW TIME TRIAL

WORKOUT 4
WITH REMAINING TIME

1RM SNATCH

TIME CAP /

20 MIN

SCORE /

WORKOUT 2: TOTAL REPS

WORKOUT 3: TOTAL TIME

WORKOUT 4: HIGHEST SUCCESSFUL WEIGHT

REQUIRED EQUIPMENT /

Pull Up Bar, C2 Rower, Barbell, Plates - minimum ½ lb (weight changes must be 1 lb increments), Clips or collars

SCORING /

The sum of the three athlete's scores will be the team's score for each workout.

Workout 2: total unbroken reps completed for each athlete

Workout 3: total time for each athlete

*Workout 4: highest successful snatch weight in lbs. by athlete

*If an athlete does not make it to the barbell for workout 4, or does not complete any successful snatch lifts, total weight should be entered as 0 lbs.

(ie. Workout 2 - athlete 1 - 12 toes to bar, athlete 2 - 8 toes to bar, athlete 3 - 20 toes to bar = workout 2 score 40 toes to bar)

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 the entire team score lower than teams that elect to perform the workout as prescribed.

WORKOUT FLOW /

Each athlete will individually complete workouts 2, 3, & 4 on a single 20:00 running clock. At the start of the clock, the athlete will start with workout 2, a single unbroken set of toes to bar or hanging toe raises. As soon as the athlete releases their hands from the pull up bar, or touches the ground, their workout is over. The athlete must then rest until the 2 minute mark, where they will then begin with workout 3, the 2,000 m row time trial. Staging on the rower before workout 3 begins is allowed, however hands must stay off the handles until the 2:00 mark. At the conclusion of workout 3, the athlete will begin workout 4, which is establishing a 1 rep-max snatch, any style until the 20min window ends.

Only one barbell may be used for the snatch. The barbell must be empty prior to the start of the workout; athletes cannot add weight until workout 4 begins. Athletes may add or remove weight between attempts. Athletes may receive assistance with weight changes. An attempt is defined by the barbell leaving the ground. If an attempt is initiated before the 20 min mark, the athlete may complete the lift but may not reattempt if the lift is missed.

MOVEMENT STANDARDS /

Toes To Bar

In the toes-to-bar, the Athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before initiating the next rep. Any part of the shoe may touch the bar for the rep to count. Athletes may wrap/wear hand protection (gymnastics-style grips, gloves, etc.) OR tape the pull-up bar, however not both.

Hanging Toe Raise

In the hanging toe raise, the Athlete must go from a full hang to having the toes brought to or above the height of the hips in front of the body. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before initiating the next rep. Any grip is permitted. Athletes may wrap/wear hand protection (gymnastics-style grips, gloves, etc.) OR tape the pull-up bar, however not both.

Row

It is recommended athletes set the rower to a standard 2000m count down, so as to get a final accurate time. Directions for this setting can be found [HERE](#). The athlete may stage on the rower before workout 3 begins, however hands must stay off the handles until the 2:00 mark. The athlete may not touch the monitor during the time trial. Directions for this setting can be found [HERE](#).

Snatch

In the snatch, the barbell goes directly from the ground to overhead in one motion without stopping at the shoulders or touching the body anywhere above the hips. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, the bar directly over the heels and the feet within the hips. A clean and jerk is not permitted. A press from overhead will be allowed as long as the bar does not come in contact with the athlete's head or shoulders. If at any time the knee makes contact with the ground before lockout it is a no-rep.

FILMING RECOMMENDATIONS /

- If competing for a spot at Wodapalooza Miami, each athlete must be prepared to provide an independent video of their performance. The video for workouts 2, 3, and 4 must be one unedited performance as these workouts must be completed in sequence. • The same video link will be included for all score entries.
- Film the pull-up bar, barbell, and all plates being used so the loads can be seen clearly.
- For the rower, the camera must be at angle, or actively managed by someone filming the athlete, so the rower screen is clearly viewable at beginning and end of the row.
 - It is recommended athletes set the rower at a standard 2,000m count down, so as to get a final accurate time. Directions for this setting can be found [HERE](#)
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- 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](#)

ALL DIVISIONS

20 MINUTE RUNNING CLOCK

**WORKOUT 2: 0:00 - 2:00:
MAX UNBROKEN TOES-TO BAR
(SCALED/BEG: HANGING TOE RAISE)**

**TOTAL UNBROKEN
REPS COMPLETED:**

**WORKOUT 3: 2:00 ON THE CLOCK UNTIL FINISH:
2,000 METER ROW FOR TIME**

FINISH TIME:

 :

**WORKOUT 4: REMAINING TIME:
1 REP MAX SNATCH**

ATTEMPT - IN LBS	SUCCESS	MISS
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**HEAVIEST SUCCESSFUL
SNATCH**

WORKOUT 2 TOTAL

ATHLETE 1 SCORE:

ATHLETE 2 SCORE:

ATHLETE 3 SCORE:

TOTAL

WORKOUT 3 TOTAL

ATHLETE 1 SCORE: :

ATHLETE 2 SCORE: :

ATHLETE 3 SCORE: :

TOTAL :

WORKOUT 4 TOTAL

ATHLETE 1 SCORE:

ATHLETE 2 SCORE:

ATHLETE 3 SCORE:

TOTAL

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____