

# WORKOUT TWO

PRESENTED BY



## ADAPTIVE SEATED

5 ROUNDS X 2MIN AMRAP

**20 SLAMBALL**

**MAX REP HANG CLEAN & PRESS**

**1MIN REST**

*WEIGHTS INCREASE EVERY ROUND*

### SEATED 1 (WITHOUT HIP)

SLAMBALL (14, 10LB)  
R1: 45, 35LB  
R2: 65, 45LB  
R3: 75, 50LB  
R4: 85, 55LB  
R5: 95, 60LB

### SEATED 2 (WITH HIP)

SLAMBALL (20, 14LB)  
R1: 55, 40LB  
R2: 75, 50LB  
R3: 85, 55LB  
R4: 95, 60LB  
R5: 105, 65LB

### SEATED QUAD

SLAMBALL (10, 6LB)  
R1: 35, 15LB  
R2: 45, 25LB  
R3: 55, 35LB  
R4: 60, 40LB  
R5: 65, 40LB

### SCALED SEATED

10 SLAMBALL (10, 6LB)  
R1: 25, 15LB  
R2: 35, 20LB  
R3: 40, 25LB  
R4: 45, 30LB  
R5: 50, 35LB

## REQUIRED EQUIPMENT /

Barbell, Standard bumper plates (no larger than 18-inch diameter) to load to the appropriate weights for the athlete's division\*, Boxes for the barbell to rest on can be no higher than 3" from the bar and top of thighs, Medicine ball

## FLOW /

This event is for as many clean and press as possible over the 5 rounds.

This event begins with the athlete seated tall at their barbell with it in lap or on boxes. At the call of 3,2,1, GO athletes will perform 20 Slamballs.

At the completion of the Slamball, athletes will perform as many clean and press as possible in the remainder of the 2 minutes.

At the completion of 2 minutes, athletes will rest for 1 minute. During the 1 minute rest, athletes will adjust their barbell to round 2 weights listed in the classification weight breakdown.

At the completion of the 1 minute rest, athletes will begin round 2 of this workout and perform 20 Slamballs.

At the completion of the Slamballs, athletes will perform as many clean and Press as possible in the remainder of the 2 minutes at the round 2 weight.

At the completion of 2 minutes for round 2, athletes will rest for 1 minute. During the 1 minute rest, athletes will adjust their barbell to round 3 listed weights.

Athletes will continue in this fashion, adjusting their weights for rounds 4 and 5..

At the completion of all 5 rounds, the athlete will tally up the total number of clean press performed and this will be their score.

## SCORING /

The score is the athlete's total clean and press completed over the 5 rounds.

## MOVEMENT STANDARDS /

### **SLAMBALL**

Athletes will start facing the ball, Athletes will pick the ball up off the floor for initial rep. Athletes may lift the ball to lap to overhead or directly from floor to overhead.

- The top of the rep the athlete must have a ball, locked out over head shoulders over hips sitting tall.
- Locked out will consist of the elbows straight and ball directly over the midline.
- If the ball is out front or shoulders are not over hip the rep will be considered no good.
- At the bottom of the rep the athlete MAY slam the ball and catch off the bounce and start the next rep from the catch.

### **CLEAN & PRESS**

Each rep begins from the lap

- Barbell moves from lap to shoulder then to overhead.
- A full lift into the press is not allowed
- The barbell must clearly pause at the shoulder, if the bar is snatched or does not pause at the front rack position it is a NO rep.

The rep is credited when:

– the Barbell is locked out overhead, with the shoulders over the hips, and arms fully extended. – The barbell is directly over or slightly behind the middle of the body.

- Continue pressing the weight up until lockout.
  - Athletes may not receive any assistance moving the barbell.
- boxes may be used to lift off, the bar must only sit a maximum of 3 inches above the lap.

### SAFETY NOTE:

AT NO TIME MAY THE ATHLETE BOUNCE THE BAR OFF THE BOXES, LAP MAT OR LEGS.  
THIS WILL BE AN AUTOMATIC NO REP

## VIDEO STANDARDS /

- Film ALL introductions of name, division and workouts so the athlete can be seen and heard clearly.
- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Film ALL equipment so the loads and/or heights can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- 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.
- Do NOT use a countdown timer.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of video.

## SEATED 1, SEATED 2, SEATED QUAD

20 SLAMBALLS

MAX REPS HANG  
CLEAN & PRESS

RD 1	20	+	REPS
RD 2	20	+	REPS
RD 3	20	+	REPS
RD 4	20	+	REPS
RD 5	20	+	REPS

**TOTAL CLEAN &  
PRESS REPS**

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

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

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

## SCALED

10 SLAMBALLS

MAX REPS HANG  
CLEAN & PRESS

RD 1	10		+		REPS
RD 2	10		+		REPS
RD 3	10		+		REPS
RD 4	10		+		REPS
RD 5	10		+		REPS

**TOTAL CLEAN &  
PRESS REPS**

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

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

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