

WORKOUT **TWO**

PRESENTED BY

ROGUE®

UPPER IMPAIRMENT

5 ROUNDS X 2MIN AMRAP

20 BAR-FACING BURPEES
MAX REP CLEAN & JERKS
1MIN REST

WEIGHTS INCREASE EVERY ROUND

LOWER IMPAIRMENT

5 ROUNDS X 2MIN AMRAP

20 BURPEE TO TARGET 2"
MAX REP CLEAN & JERKS
1MIN REST

WEIGHTS INCREASE EVERY ROUND

NEUROMUSCULAR

5 ROUNDS X 2MIN AMRAP

20 BURPEE TO FULL EXTENSION/KNEE BURPEE
MAX REP CLEAN & JERKS
1MIN REST

WEIGHTS INCREASE EVERY ROUND

SCALED VARIATION FOR ALL STANDING ADAPTIVE

5 ROUNDS X 2MIN AMRAP

10 BURPEES

MAX REP CLEAN & JERKS

1MIN REST

WEIGHTS INCREASE EVERY ROUND

UPPER IMPAIRMENT ABOVE ELBOW

RD 1 – 65, 45LB
RD 2 – 75, 55LB
RD 3 – 95, 65LB
RD 4 – 115, 75LB
RD 5 – 135, 95LB

UPPER IMPAIRMENT BELOW ELBOW

RD 1 – 75, 55LB
RD 2 – 95, 65LB
RD 3 – 115, 75LB
RD 4 – 135, 95LB
RD 5 – 155, 105LB

LOWER IMPAIRMENT ABOVE KNEE

RD 1 – 65, 45LB
RD 2 – 75, 55LB
RD 3 – 95, 65LB
RD 4 – 115, 75LB
RD 5 – 135, 95LB

LOWER IMPAIRMENT BELOW KNEE

RD 1 – 75, 55LB
RD 2 – 95, 65LB
RD 3 – 115, 75LB
RD 4 – 135, 95LB
RD 5 – 155, 105LB

NEUROMUSCULAR MAJOR

RD 1 – 45, 35LB
RD 2 – 65, 45LB
RD 3 – 75, 50LB
RD 4 – 80, 55LB
RD 5 – 95, 65LB

NEUROMUSCULAR MINOR

RD 1 – 65, 45LB
RD 2 – 75, 55LB
RD 3 – 95, 65LB
RD 4 – 115, 75LB
RD 5 – 135, 95LB

SHORT STATURE

20 BURPEE TO TARGET 2”
MAX REP CLEAN & JERKS
1MIN REST

RD 1 – 45, 35LB
RD 2 – 65, 45LB
RD 3 – 75, 50LB
RD 4 – 80, 55LB
RD 5 – 95, 65LB

SENSORY

20 BURPEE TO FULL EXTENSION
MAX REP CLEAN & JERKS
1MIN REST

RD 1 – 75, 55LB
RD 2 – 95, 65LB
RD 3 – 115, 75LB
RD 4 – 135, 95LB
RD 5 – 155, 105LB

SCALED STANDING

10 BURPEES
MAX REP CLEAN & JERKS
1MIN REST

RD 1 – 35, 15LB
RD 2 – 45, 25LB
RD 3 – 55, 35LB
RD 4 – 65, 45LB
RD 5 – 75, 55LB

REQUIRED EQUIPMENT /

Barbell. Standard bumper plates (no larger than 18-inch diameter) to load to the appropriate weights for the athlete's division*

FLOW /

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

This event begins with the athlete standing tall at their barbell. At the call of 3,2,1, GO athletes will perform 20 burpees (form of burpee for division is specified in workout)

At the completion of the burpees, athletes will perform as many clean and jerks 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 burpees.

At the completion of the burpees, athletes will perform as many clean and jerks 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 jerks performed and this will be their score.

SCORING /

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

MOVEMENT STANDARDS /

BAR-FACING BURPEES

Athletes must be perpendicular to the bar/face it. A jump OR step back in the burpee is ok. The chest and thighs must clearly come into contact with the ground during the burpee. The chest must be centered to the barbell with the head behind the bar and your hands and feet within the width of the barbell. A jump up or step up to the standing position of your burpee is ok. A two-foot takeoff is not required, however, the athlete must be clearly jumping over the bar with both feet in the air as you pass over the bar. Stepping over the barbell is not permitted. Touching the barbell when passing over the bar is a “no rep”. The rep is counted when both feet reach the ground on the other side of the bar. There is no requirement about a two-foot landing. Before starting the next rep, the athlete must be perpendicular to the bar/ face it.

BURPEES TO FULL EXTENSION

Each burpee must be performed lateral to the Barbell. The chest and thighs touch the ground at the bottom.

- The top of the burpee the athlete must extend hips open with shoulders above the hips.
- The athlete will clap both hands above head before returning to the floor for the next repetition.

BURPEE TO TARGET

This workout begins from the standing position, then the athlete will move from flat on the ground to touching an object with both hands that is 2 inches above their max reach. Bottom of the Burpee, At the bottom position the athlete’s chest and hips must touch the ground. Touching the top position At the top of the burpee both hands must make contact with the target.

Showing full extension to measure reach. The height of the target must be no less than required inches above the athlete’s fingertips when they are standing feet together with a straight line through their wrist, elbow, shoulder, hip and knees. The athlete should be shrugging their shoulders and reaching as high as possible while the measurement is being made.

KNEE BURPEE

Athletes will start in a kneeling position, they may use a pillow or mat to protect the buttox or stop from going too far past Range of Motion in the knees while in kneeling position. The athlete will then thrust or crawl forward extending and dropping the chest to the floor in a bottom of push up position. The chest must touch the floor with hips and legs at full extension in a lying position. They will then reverse the movement finishing in kneeling position and shoulders over hips. athletes will clap out in front of the body before starting the next rep. Reps will be counted on the clap.

SEATED 1, SEATED 2, SEATED QUAD

	20 BURPEES		MAX REPS CLEAN & JERKS
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 BURPEES		MAX REPS CLEAN & JERKS
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 _____

MOVEMENT STANDARDS (CONT.) /

CLEAN & JERKS

The barbell begins on the ground and is brought to the shoulders in one continuous motion in either a power, squat or split clean. A hang clean is not permitted. The athlete will then perform a shoulder to overhead however they see fit (shoulder press, push press, push jerk, or split jerk are all acceptable). The rep is credited once the athlete is standing tall with the weight locked out overhead, hips and knees fully extended with the feet inline.

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.