



WORKOUT TWO

PRESENTED BY

ROGUE®

5 ROUNDS X 2MIN AMRAP

20 BAR-FACING BURPEES

MAX EFFORT CLEAN & JERKS

1MIN REST

ROUND 1: 95/65LB

ROUND 3: 185/125LB

ROUND 5: 275/185LB

ROUND 2: 135/95LB

ROUND 4: 225/155LB

TIME CAP /

14 MINUTES

SCORE /

TOTAL BURPEES AND CLEAN & JERKS COMPLETED

ELITE/RX

20 BAR-FACING BURPEES,
R1: 95, 65 LB
R2: 135, 95 LB
R3: 185, 125 LB
R4: 225, 155 LB
R5: 275, 185 LB

INTERMEDIATE, 16-18

20 BAR-FACING BURPEES,
R1: 75, 55 LB
R2: 95, 65 LB
R3: 135, 95 LB
R4: 185, 135 LB
R5: 225, 155 LB

35-39, 40-44, 45-49

15 BAR-FACING BURPEES,
R1: 75, 55 LB
R2: 95, 65 LB
R3: 135, 95 LB
R4: 185, 135 LB
R5: 225, 155 LB

50-54

15 BAR-FACING BURPEES,
R1: 75, 55 LB
R2: 95, 65 LB
R3: 135, 95 LB
R4: 165, 115 LB
R5: 195, 135 LB

55-59, 60+, 13-15

15 BAR-FACING BURPEES,
R1: 75, 55 LB
R2: 95, 65 LB
R3: 125, 85 LB
R4: 145, 95 LB
R5: 165, 115 LB

MODIFIED: SCALED

10 BAR-FACING BURPEES,
R1: 55, 35 LB
R2: 65, 45 LB
R3: 85, 65 LB
R4: 95, 85 LB
R5: 115, 95 LB

REQUIRED EQUIPMENT /

Barbell (only a men's 45lb/20kg barbell or a women's 25lb/15kg barbell is permitted), Standard bumper plates (no larger than 18-inch diameter) to load to the appropriate weights for the athlete's division*

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 124kg (275lb), 102kg (225lb), 88kg (195lb), 83kg (185lb), 75kg (165lb), 70kg (155), 65kg (145lb), 61kg (135lb), 56kg (125), 52kg (115lb), 43kg (95lb), 38kg (85lb), 34kg (75lb), 29kg (65lb), 25kg (55lb), 20kg (45lb), 15kg (35lb)

FLOW /

This event is for as many burpees and 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 bar-facing burpees.

At the completion of the bar-facing 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 of 135lb for men and 95lbs for women.

At the completion of the 1 minute rest, athletes will begin round 2 of this workout and perform 20 bar-facing burpees.

At the completion of the bar-facing 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 weights of 185lb for men and 125lbs for women.

Athletes will continue in this fashion, adjusting their weights for rounds 4 and 5. Round 4 will be at 225lbs for men and 155lbs for women. Round 5 will be at 275lbs for men and 185 lbs for women.

At the completion of all 5 rounds, the athlete will take up the total number of burpees and clean and jerks performed and this will be the score.

Athletes may be assisted to change weights during the 1 minute transitions.

SCORING /

This score is the total burpees and clean & 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.

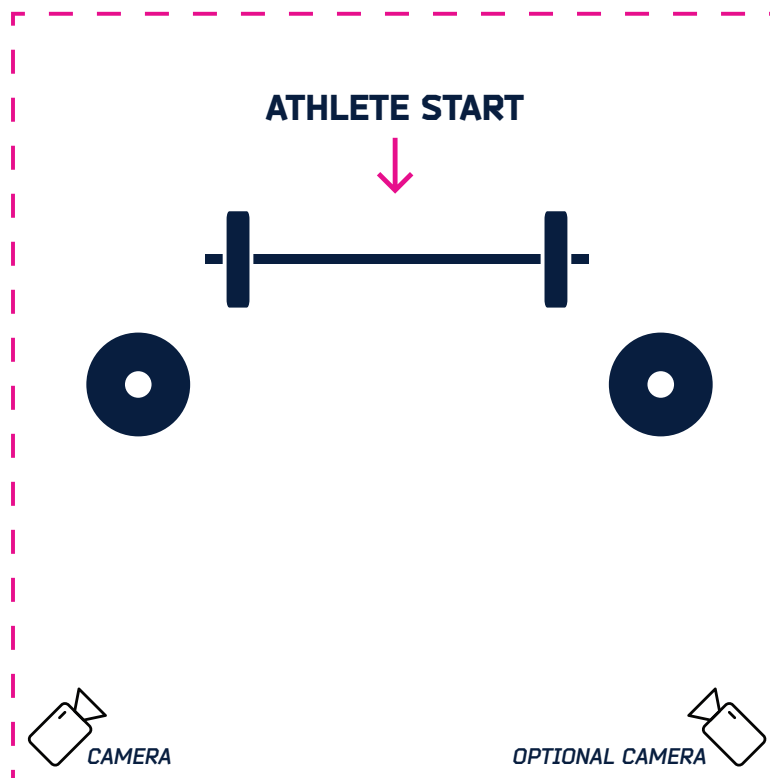


CLEAN & JERKS

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.





WORKOUT TWO SCORECARD

ROGUE®

ELITE/RX, INTERMEDIATE, 16-18

	20 BAR-FACING BURPEES		MAX REPS CLEAN & JERKS		ROUND SCORE (TOTAL BURPEE & C&J)
RD 1	20	+	REPS		RD 1 TOTAL
RD 2	20	+	REPS		RD 2 TOTAL
RD 3	20	+	REPS		RD 3 TOTAL
RD 4	20	+	REPS		RD 4 TOTAL
RD 5	20	+	REPS		RD 5 TOTAL
TOTAL REPS					

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT TWO SCORECARD

ROGUE®

35-39, 40-44, 45-49, 50-54, 55-59, 60+, 13-15

	15 BAR-FACING BURPEES		MAX REPS CLEAN & JERKS		ROUND SCORE (TOTAL BURPEE & C&J)
RD 1	15	+	REPS		RD 1 TOTAL
RD 2	15	+	REPS		RD 2 TOTAL
RD 3	15	+	REPS		RD 3 TOTAL
RD 4	15	+	REPS		RD 4 TOTAL
RD 5	15	+	REPS		RD 5 TOTAL
TOTAL REPS					

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SCALED

	10 BAR-FACING BURPEES		MAX REPS CLEAN & JERKS		ROUND SCORE (TOTAL BURPEE & C&J)
RD 1	10	+	REPS		
RD 2	10	+	REPS		RD 2 TOTAL
RD 3	10	+	REPS		RD 3 TOTAL
RD 4	10	+	REPS		RD 4 TOTAL
RD 5	10	+	REPS		RD 5 TOTAL
TOTAL REPS					

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____