



WORKOUT **TWO** PRESENTED BY **ROGUE®**

FOR THE TEAM'S TOTAL CUMULATIVE LOAD:

ATHLETE A

1RM BENCH PRESS

ATHLETE B

2RM OVERHEAD SQUAT

ATHLETE C

3RM CLEAN

*5MIN PER ATHLETE

**ELITE, RX, INTERMEDIATE,
OPEN, MASTERS, MODIFIED**

ATHLETE 1
1RM BENCH PRESS

ATHLETE 2
2RM OVERHEAD SQUAT

ATHLETE 3
3RM CLEAN



SCORING

The score for this workout is the team's total cumulative load, in pounds.

When submitting, the team captain will be responsible for submitting each individual score for each member of their team, which will automatically sum the team's score.

Please note, if one athlete elects to perform the modified version of the workout, the team must select the modified check-box when submitting their score, even if other members of the team performed as prescribed.

TIEBREAK: The heaviest individual successful set by any of the three athletes, regardless of movement.

FLOW

ATHLETE A - 1RM BENCH PRESS

This workout starts with the barbell unloaded and the athlete at their bench and rack. At the start of the clock, the athlete will have 5 minutes to load their bar, and complete a 1 rep max bench press. Athlete **MUST** declare the weight verbally or by writing it down on a whiteboard and/or paper and shown to the camera. There is no limit to the number of attempts an athlete can make within the 5-minute time period. Any successful attempt where the bar leaves the rack before the 5-minute time cap will count. All weights and barbells must be clearly visible when showing the weights and equipment.

**The athlete may receive assistance with their equipment during the workout.*

*** The athlete may use a spotter for a liftoff and/or rereck.*

ATHLETE B - 2RM OVERHEAD SQUAT

This workout starts with the barbell unloaded and the athlete standing tall at their barbell and rack. At the start of the clock, the athlete will have 5 minutes to load their bar, and complete an unbroken 2 rep max overhead squat. Athlete **MUST** declare the weight verbally or by writing it down on a whiteboard and/or paper and shown to the camera. There is no limit to the number of attempts an athlete can make within the 5-minute time period. Any successful attempt where the bar leaves the rack or ground before the 5-minute time cap will count. All weights and barbells must be clearly visible when showing the weights and equipment.

**The athlete may receive assistance with their equipment during the workout.*

ATHLETE C - 3RM CLEAN

This workout starts with the barbell unloaded and the athlete standing tall at their barbell. At the start of the clock, the athlete will have 5 minutes to load their bar, and complete an unbroken 3 rep max clean. Athlete **MUST** declare the weight verbally or by writing it down on a whiteboard and/or paper and shown to the camera. There is no limit to the number of attempts an athlete can make within the 5-minute time period. Any successful attempt where the bar leaves the ground before the 5-minute time cap will count. All weights and barbells must be clearly visible when showing the weights and equipment.

**The athlete may receive assistance with their equipment during the workout.*



REQUIRED EQUIPMENT

Barbell, 45lb/35 lb or 15/20 kg, Bumper plates*, Collars

Men are required to use a standard 45lb/20kg barbell. Women are required to use a standard 35lb/15kg barbell.

NOTE: For this workout, 15-kg bar MUST be totaled as 35 lb. 20-kg bar MUST be totaled as 45 lb.

*The official weight must be recorded in pounds. If converting kilograms to pounds, round to the nearest pound (.5 and up round up, .4 and below round down).

200.1 to 200.4 lb rounds down to 200 lb

200.5 to 200.9 lb rounds up to 201 lb

Any weight increases with change plates must result in a whole number (no decimal points), or will be rounded down. Collars cannot be included in the weight.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

REQUIREMENTS FOR USING EQUIPMENT MEASURED IN KILOGRAMS

Athletes using any piece of equipment measured in kilograms must use the following conversion chart for each piece BEFORE the weight is totaled. This includes athletes using a barbell measured in kilograms with plates measured in pounds.

Then round the sum to the nearest whole pound. (.5 and up round up, .4 and below round down)

CALCULATING TOTAL LOAD:

Example 1:

Barbell is 20 kg = 45 lb

Two 45 lb plates = 90 lb

TOTAL = 135 lb

Enter 135 lb on scorecard

Example 2:

Barbell is 15 kg = 35 lb

Two 20 kg plates = 88 lb

Two 0.5 kg plates = 2.2 lb

TOTAL = 125.2 lb

125.2 lb rounds down to 125 lb

Enter 125 lb on scorecard

REQUIRED EQUIPMENT (CONT.)

For plate loading, this table will be used when determining scores for this workout.

KILORGRAMS (KG)	POUNDS (LB)
0.5	1.1
1	2.2
1.5	3.3
2	4.4
2.5	5.5
5	11
10	22
15	33
20	44
25	55

MOVEMENT STANDARDS



BENCH PRESS

- Athletes must place collars on the outside of the plates before beginning the lift
 - You may use any available flat bench.
 - You may place bumper plates under your feet.
 - You may NOT floor press or use a bench with any incline or decline.
 - Athletic tape on the bar must be used to establish a 40-inch (102-centimeter) width.
 - This measurement must be shown on camera.
 - No part of your hands may be wider than 40 inches (102 centimeters).
 - If any part of your hands makes contact with the tape at any point, the rep will not count.
- You must use a standard, pronated grip.
 - The rep begins at the top with the arms in full extension with the bar over the chest (below the collarbone and above the abdomen)
 - At the bottom, the bar must make contact with any part of the chest.
 - You may NOT pause or rest with the bar on your chest.

MOVEMENT STANDARDS (CONT.)

BENCH PRESS (CONT.)

- The rep counts when your arms return to full extension with the bar over your chest.
- Before racking the bar, you must pause briefly with the bar at full extension.
- If a spotter touches you or the bar at any point, it is an immediate no-rep and the bar must be returned to the rack.
- Any successful attempt where the bar leaves the rack before the 5-minute time cap will count.
- Athletes may use a spotter for liftoff and/or rerack. However, the lift cannot begin until the spotter's hands are off the bar. The lift will not count if the spotter touches the bar before the athlete reaches lockout at the top (arms at full extension and the bar over the torso).
- Athletes may NOT wear gymnastics grips or straps during this workout.
- Both feet must remain on the floor (or bumper plates) throughout the entire movement.
- Your shoulders and buttocks must remain in contact with the bench throughout the movement.
- During your lift, if your feet come off the floor (or bumper plates) at any point, or your shoulders and/or buttocks come off the bench, the rep will not count



OVERHEAD SQUAT

- Athletes must place collars on the outside of the plates before beginning the lift.
- Athletes may use a squat rack or take the barbell from the ground.
- Athletes may get the barbell into the overhead position however they see fit.
- The rep begins in the overhead position, with the athlete's hips, knees, and arms fully extended and the bar directly over or slightly behind the middle of the body
- At the bottom, the athlete's hip crease must clearly go below the tops of their knees.
- The barbell must remain overhead until the lockout position is achieved.
- The rep is credited when the athlete's hips, knees, and arms are fully extended and the bar is directly over or slightly behind the middle of the body.
- If any part of the athlete's body other than their hands makes contact with the bar, the rep will not count.
- No part of the body other than the feet can touch the ground.
- A squat snatch, snatch balance, squat jerk, etc. will not count towards the 2 reps of overhead squats.
- The 2 rep max must be performed unbroken in order to count.
- Any successful attempt where the bar leaves the rack or ground before the 5-minute time cap will count.
- Athletes may NOT wear gymnastics grips or straps during this workout.

MOVEMENT STANDARDS (CONT.)



CLEAN

- Athletes must place collars on the outside of the plates before beginning the lift.
- The barbell starts on the ground.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.
- The rep is credited when the athlete's hips and knees reach full extension, the feet are in line, and the bar is supported in the front-rack position, with the elbows clearly in front of the hands.
- No part of the body other than the feet can touch the ground.
- If the bar is lowered from the rack position before the hips and

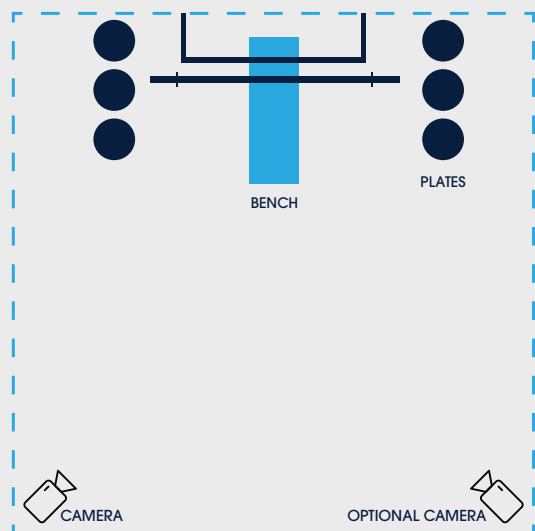
knees reach full extension, or the elbows pass in front of the bar, the rep will not count.

- The 3 rep max must be performed unbroken in order to count.
- The athlete can rest between reps at the top of the movement (rack position) or in the hang position. The athlete may not rest in the backrack.
- The athlete must show a fluent movement from the bottom to the top without pausing at any point of the lift.
- Any successful attempt where the bar leaves the ground before the 5-minute time cap will count.
- Athletes may NOT wear gymnastics grips or straps during this workout.

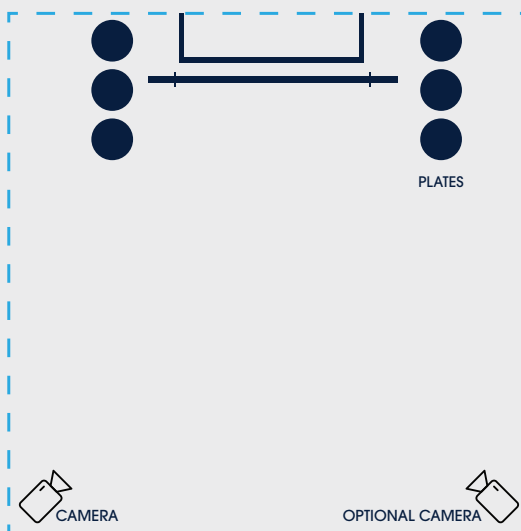
FILMING RECOMMENDATIONS

- The athlete must film ALL introductions of name, division, and workouts so the athlete can be seen and heard clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer is recommended to be visible throughout the entire workout.
- Shoot the video so the athlete is always and fully in frame, and so that exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of video.

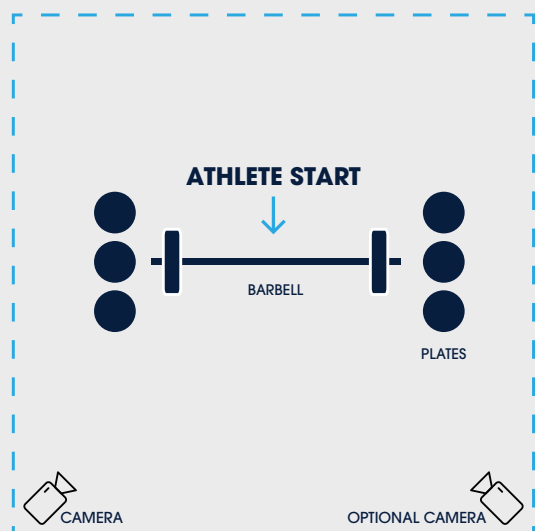
ATHLETE 1



ATHLETE 2



ATHLETE 3





WORKOUT TWO SCORECARD

ROGUE®

SCORES DUE OCTOBER 23RD @ 8PM ET

ALL DIVISIONS

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5
1RM BENCH PRESS ATHLETE A					
	HEAVIEST SUCCESSFUL LIFT, IN POUNDS				

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5
2RM OVERHEAD SQUAT ATHLETE B					
	HEAVIEST SUCCESSFUL LIFT, IN POUNDS				

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5
3RM CLEAN ATHLETE C					
	HEAVIEST SUCCESSFUL LIFT, IN POUNDS				

TEAM SCORE - INDIVIDUAL HEAVIEST LIFTS

ATHLETE A 1RM BENCH	+	ATHLETE B 2RM OH SQUAT	+	ATHLETE C 3RM CLEAN	=	TEAM TOTAL

TIEBREAK: HEAVIEST SUCCESSFUL SET BY ANY ATHLETE ON TEAM

SCORES DUE OCTOBER 23RD @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT
SCORE HERE





WORKOUT TWO SCORECARD

ROGUE®

SCORES DUE OCTOBER 23RD @ 8PM ET

SUBMISSION CHECKLIST

- For each athlete, Is your score correctly inputted in Competition Corner and did you submit it before the deadline of Monday, October 23rd @ 8 p.m. ET?
- Is your video playable, publicly viewable and free of copyright issues?
- Did you show or state your name, division and workout being performed, for this workout?
- Is a clock in the frame or on the recording app **CLEARLY** visible?
- Are your measurements/weights **CLEARLY** shown and stated in video?
- Are your movements **CLEARLY & VISIBLY** performed to standards as stated by WZA?
- Is your video clear of obstructions?
- Are you submitting the correct video for this specific workout?