



TEAM WORKOUT 2 SCORECARD

SCORES DUE NOVEMBER 6 @ 8PM ET

MONOSTRUCTURAL TEST ONE ATHLETE PER TEAM



TIME-CAP: 24 MIN

ELITE, RX, INTERMEDIATE, MASTERS

MODIFIED

FOR TIME

75 BAR-FACING BURPEES

REST 2MIN

50 SHUTTLE RUNS

(50FT = 25FT DOWN + 25FT BACK = 1)

REST 2MIN

250 DOUBLE-UNDERS

FOR TIME

50 BAR-FACING BURPEES

REST 2MIN

25 SHUTTLE RUNS

(50FT = 25FT DOWN + 25FT BACK = 1)

REST 2MIN

250 SINGLE-UNDERS

SCORING

The team score for this workout is the time by this athlete to complete their work.

If time capped, the score will be the athletes total reps completed.

Example:

Athlete completes 75 Bar-facing burpees, 50 - 50ft shuttle runs and 183 double unders. - Score is 25:07

The team captain will submit the athlete's time for this workout.

TIEBREAK: The time on the clock at the completion of the burpees

WORKOUT FLOW

Workout 2 is part of a series of individual workouts consisting of workouts 2, 3, & 4. Each workout should be assigned to only one athlete per team, with each athlete allowed to perform only one.

This workout will be for time.

This workout starts with the athlete standing tall at their barbell.

At the start, the athlete will perform 75 bar-facing burpees

At the completion of the bar-facing burpees, athletes will have a 2 minute rest, followed by 50 - 50ft shuttle runs (25ft down + 25ft back = 1)

At the completion of the shuttle runs, athletes will have a 2 minute rest, followed by 250 double unders.

REQUIRED EQUIPMENT

- Barbell
- Standard bumper plates (no less than 17.5-inch diameter)
- Collars
- Tape or other line-marking material
- 25ft floor space (25ft = 7.6m)
- Jump Rope

OTHER RULES & RECOMMENDATIONS

Be sure the athlete has adequate space to safely complete all movements.
Clear the area of all extra equipment, people, or other obstructions.

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.

For avoidance of doubt, the same athlete may not perform workouts 2, 3, or 4. Each one must be performed by a different teammate.

MOVEMENT STANDARDS

BAR-FACING BURPEE

- Athletes must use a barbell with standard plates, no less than 17.5-inch diameter
- The rep begins with the athletes chest and thighs touching the ground with their body perpendicular to and head facing the barbell, their full body (including their hands and feet) clearly within the width of the plates
- The rep ends and is credited when both feet have touched the ground on the opposite side of the barbell
- During the movement:
 - Stepping and/or jumping back to reach the bottom of the burpee is permitted
 - Chest and thighs must clearly touch the ground while facing the bar
 - Stepping and/or jumping back to the starting position is permitted
 - The athlete must jump over the barbell
 - A two-foot take off is not required as long as both feet are simultaneously in the air at some point during the jump
- If a no-rep is received for any reason, the entire movement must be repeated again on any side of the barbell

SHUTTLE RUN

- The rep begins with both the athlete's feet clearly behind a designated line indicating the start of the 25 ft shuttle run distance
- The rep ends and is credited when both the athlete's feet and one hand clearly touch the ground past the same designated start line
 - 3 points of contact, both feet and one hand.
 - On the last 25 ft shuttle run of each round, athletes will be allowed to run through and not touch the ground.
 - (25 ft down + 25 ft back = 1 rep)
- During the movement:
 - Athletes must clearly show the start and ending of each 25 ft section.
 - At the 25 ft distance, athletes must clearly show both feet and one hand touching on the other side of the designated line before performing their second 25 ft section to complete a total of 50 ft.
 - Athletes may run in any style (forward, backwards or sideways)

DOUBLE-UNDERS

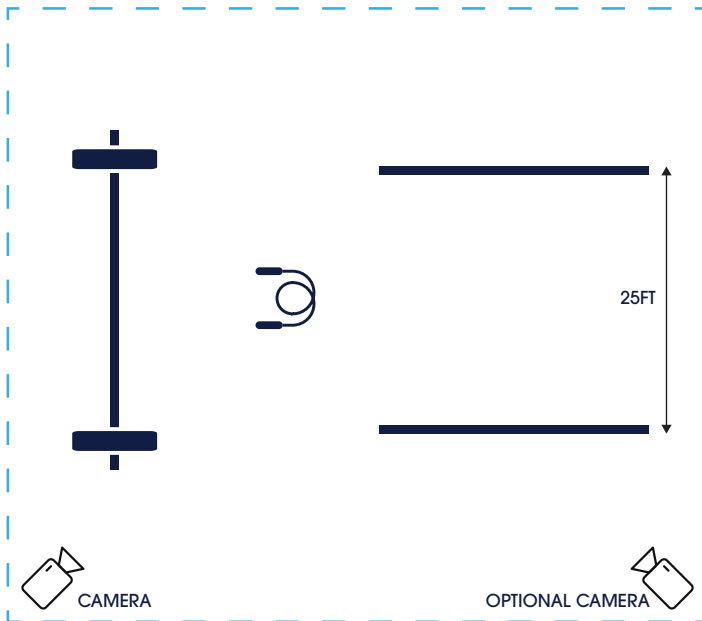
- The rep begins with the jump rope in the athlete's hands
- The rep ends and is credited when the rope has passed under the feet twice for each jump.
- During the movement:
 - The rope must spin forward
 - Only successful jumps are counted, not attempts

SINGLE-UNDERS (MODIFIED VERSION)

- The rep begins with the jump rope in the athlete's hands
- The rep ends and is credited when the rope has passed under the feet once for each jump.
- During the movement:
 - The rope must spin forward
 - only successful jumps are counted, not attempts

FILMING RECOMMENDATIONS

- We highly recommend using WODPROOF for all official workout filming.
- Film ALL introductions of name, division and workouts so the athlete can be seen/heard clearly.
- Film the measurement of the 25ft distance for the shuttle runs.
- Film ALL movements so that movement standards being met are clearly being shown.
- The athlete should be clearly visible for all portions of the shuttle run, and all movements.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer is recommended to be visible throughout the entire workout..
- Videos shot with a fisheye lens or similar lens may be rejected.
- Failure to follow any of the filming standards is subject to penalty and/or invalidation of video.



WOD PROOF

WE HIGHLY RECOMMEND DOWNLOADING THE
WODPROOF APP FOR OFFICIAL WORKOUT FILMING

Available on the
App Store



GET IT ON
Google play



ELITE, RX, INTERMEDIATE, MASTERS

FOR TIME / TIME-CAP: 24 MIN

ELITE, RX, INTERMEDIATE, MASTERS		
75 BAR-FACING BURPEES	50 - 50FT SHUTTLE RUNS (25FT DOWN + 25FT BACK = 1)	250 DOUBLE-UNDERS

75 BAR FACING BURPEES	75	TIME
REST 2 MINUTES		
50 - 50FT SHUTTLE RUNS (25FT DOWN + 25FT BACK = 1 REP)	125	
REST 2 MINUTES		
250 DOUBLE UNDERS	375	

TIME TO COMPLETE

IF TIME CAPPED, ATHLETES TOTAL REPS COMPLETED

TIE BREAK
TIME TO COMPLETE BURPEES

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ATHLETE NAME _____

ATHLETE SIGNATURE _____

JUDGE NAME _____

SUBMIT
SCORE HERE



MODIFIED

FOR TIME / TIME-CAP: 24 MIN

ALL DIVISIONS		
50 BAR FACING BURPEES	25 - 50FT SHUTTLE RUNS (25FT DOWN + 25FT BACK = 1)	250 SINGLE UNDERS

50 BAR FACING BURPEES	50	TIME
REST 2 MINUTES		
25 - 50FT SHUTTLE RUNS (25FT DOWN + 25FT BACK = 1 REP)	75	
REST 2 MINUTES		
250 SINGLE UNDERS	325	

TIME TO COMPLETE

IF TIME CAPPED, ATHLETES TOTAL REPS COMPLETED

TIE BREAK
TIME TO COMPLETE BURPEES

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ATHLETE NAME _____

ATHLETE SIGNATURE _____

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SUBMIT SCORE HERE

