

WORKOUT TWO

PRESENTED BY **VELITES**

9MIN AMRAP
+1 DEADLIFT
+1 HANG POWER CLEAN
+1 SHOULDER-TO-OVERHEAD
45 DOUBLE-UNDERS

INCREASE THE BARBELL BY 1 REP EACH ROUND
1/1/1, 45, 2/2/2, 45, 3/3/3, 45, ETC...

LOWER	UPPER	NEURO	SEATED	STANDING
LOWER MINOR & LOWER 2 9min AMRAP +1 Deadlift +1 Hang Power Clean +1 Shoulder-to-Overhead 45 Double-unders LOWER MINOR: (115, 751b) LOWER 2: (110, 701b) LOWER 1 9min AMRAP +1 Deadlift +1 Hang Power Clean +1 Shoulder-to-Overhead 45 Single-unders (95, 651b)	UPPER 1 & UPPER 2 9min AMRAP +1 Deadlift +1 Hang Power Clean +1 Shoulder-to-Overhead 45 Double-unders (115, 751b)	NEURO MINOR 9min AMRAP +1 Deadlift +1 Hang Power Clean +1 Shoulder-to-Overhead 40 Double-unders (95, 651b) NEURO MODERATE & NEURO MAJOR 9min AMRAP +1 Deadlift +1 Hang Power Clean +1 Shoulder-to-Overhead 40 Single-unders NEURO MODERATE: (95, 651b) NEURO MAJOR: (75, 551b)	SEATED 1 & SEATED 2 9min AMRAP +1 Dbl KB Deadlift +1 Dbl KB Hang Power Clean +1 Dbl KB Shoulder-to-Overhead 80 multi ropes (red) SEATED 1: (26, 181b)(12, 8kg) SEATED 2: (35, 261b)(16, 12kg) SEATED 3 9min AMRAP +1 Dbl KB Deadlift +1 Dbl KB Hang Power Clean +1 Dbl KB Shoulder-to-Overhead 45 multi ropes (red) (18, 151b)(10, 8kg)	STANDING DIAGNOSED, VISION, & SHORT STATURE 9min AMRAP +1 Deadlift +1 Hang Power Clean +1 Shoulder-to-Overhead 45 Double-unders STANDING DIAGNOSED: (115, 751b) VISION: (115, 751b) SHORT STATURE: (95, 651b) INTELLECTUAL 9min AMRAP +1 Deadlift +1 Hang Power Clean +1 Shoulder-to-Overhead 45 Single-unders (95, 651b)

WORKOUT FLOW

- Before starting, stand tall with your back to the barbell.
- At the start of the clock, you will have 9 minutes to accumulate as many reps as possible.
 - **Round 1:** 1 deadlift, 1 hang power clean, 1 shoulder to overhead, prescribed jump ropes.
 - **Round 2:** 2 deadlifts, 2 hang power cleans, 2 shoulder to overheads, prescribed jump ropes.
 - **Round 3:** 3 deadlifts, 3 hang power cleans, 3 shoulder to overheads, prescribed jump ropes.
 - Continue with this rhythm for 9 minutes, increasing the barbell by 1 rep each round.
 - Keep the prescribed jump ropes the same each round.

NOTES

- Athletes may move into the hang power clean immediately after completing their last deadlift.
- Athletes may move into the shoulder to overhead immediately after completing their last hang power clean.
- Athletes may receive assistance with their barbells and jump ropes.
- Gymnastics grips are NOT permitted.

SCORE

The score for this workout is total reps completed within the 9-minute cap.

- 1 Deadlift = 1 Rep
- 1 Hang Power Clean = 1 Rep
- 1 Shoulder to Overhead = 1 Rep
- 1 Jump Rope = 1 Rep

TIEBREAK

The finish time after the previously completed round.

EXAMPLE

Athlete completes 10 rounds (at 07:57) plus 11 deadlifts, 11 hang power cleans, 11 shoulder to overhead, and 11 jump ropes.

Score = 659 with a tiebreak time of 07:57

MOVEMENT STANDARDS

DEADLIFTS

- The rep begins with the barbell on the ground.
- The rep is completed and credited when the athlete's hips and knees are fully extended, with the barbell in hand and shoulders behind the barbell.
- The hands must be outside the knees (sumo deadlifts are NOT permitted).
- Deliberately bouncing the barbell is NOT permitted.

HANG POWER CLEANS

- The rep begins with the athlete standing tall, hips and knees clearly locked out and extended, with the barbell held in the hang position.
 - "Hang position" is defined as the barbell anywhere at or below the hips and off the ground, with the elbows clearly locked out and extended.
- The rep is completed and credited when the hips and knees are clearly locked out and extended with the bar racked on the shoulders and the elbows clearly in front of the bar.
- Athletes may do a hang muscle clean, hang power clean, or hang split clean.
 - If performing a hang split clean, both feet must return and be in line under the athlete's body while the barbell is in the front rack position for the repetition to count.
 - Hang squat cleans are NOT permitted.
 - Hips must clearly remain above the top of the knees.
 - No part of the body other than the feet may touch the ground.

SHOULDER TO OVERHEAD

- The rep begins with the barbell racked on the shoulders with the elbows clearly in front of the bar.
- The rep is completed and credited when the barbell is locked out overhead, with the hips, knees, and arms fully extended and the bar directly over or slightly behind the middle of the body.
- Athletes may choose to do a shoulder press, push press, push jerk, or split jerk.
 - Both feet must return and be in line under the athlete's body while the barbell is overhead in the locked-out position for the repetition to count.
- Dropping the bar behind the head is not permitted and will count as a no rep.

DOUBLE UNDER / SINGLE UNDER

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

MULTI ROPES (RED)

- The athlete must be sitting tall, with shoulders over hips, with hands on either side of the chair.
- Ropes must rotate forward in a rhythmical fashion.
- For ease of counting reps, ropes must touch the floor on each rotation.
- Count a rep only after one full 360° rotation is completed without touching the chair.
- Ropes must rotate symmetrically.

DOUBLE KB DEADLIFT

- The rep begins with the kettlebells on the ground.
- The rep is completed and credited when the kettlebells are on the athlete's lap.
- During the movement, the hands must be outside the knees.
- Deliberately bouncing the barbell is NOT permitted.

DOUBLE KB CLEANS

- A lap mat is strongly recommended.
- The barbell must begin resting on the athlete's lap while they are seated, with the athlete sitting tall and stable.
- The bar may be seated on the lap mat or on a raised surface no more than 2 inches above the lap if necessary to accommodate the athlete's needs.
- The barbell must be moved from the lap up to the shoulder in a controlled manner. At the shoulder, the elbows must clearly be in front of the barbell.
- Ensure proper rack position with the barbell resting securely across the front of the shoulders.
- Athletes must sit tall with shoulders over hips and the barbell secure for the rep to be credited.

DOUBLE KB SHOULDER-TO-OVERHEAD

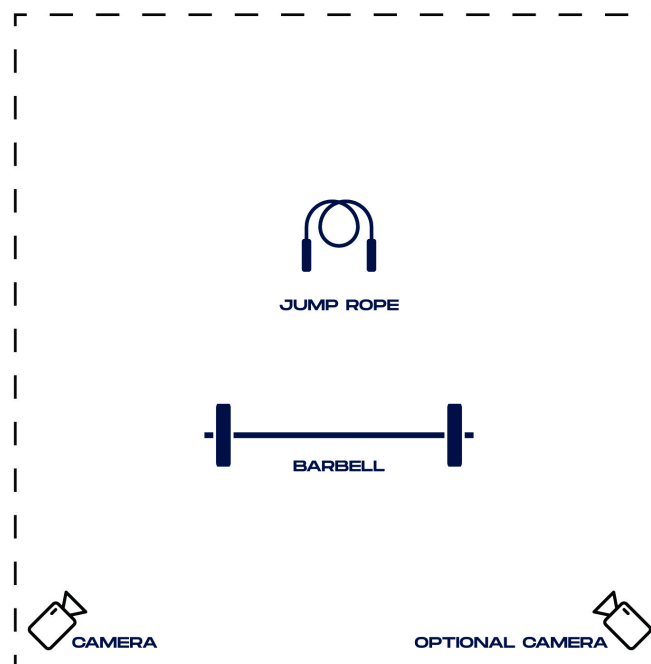
- The rep begins with the barbell racked on the shoulders with the elbows clearly in front of the bar.
- The rep is completed and credited when the barbell is locked out overhead.
- During the movement, the athlete may choose to do a shoulder press, push press, push jerk, or split jerk.
- Dropping the bar behind the head is not permitted and will count as a no rep.

EQUIPMENT

- Standard Barbell
 - Men: 45lb or 20kg
 - Women: 35lb or 15kg
- Standard bumper plates
- Collars
- Jump Rope / multi ropes (red)
- Kettlebells

FILMING STANDARDS

- Film ALL introductions of name, division, and workouts so the athlete can be seen and/or 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 display the performance accurately.
- A clock or timer is required to be visible throughout the entire workout..
- Shoot the video so all exercises can be seen clearly, meeting the movement standards.
- Videos shot with a fisheye lens or a similar lens may be rejected.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of the video
- ***Video submission is required for athletes seeking to earn a spot via qualification. However, video submission is not required for athletes looking to earn a spot in Open Registration.***



LOWER, UPPER, STANDING, & SEATED 3

ROUND	REPS	DEADLIFT	HANG POWER CLEAN	SHOULDER TO OVERHEAD	45 DOUBLE/SINGLE UNDERS/MULTI ROPES	TIE BREAK
1	1-1-1	1	2	3	48	
2	2-2-2	50	52	54	99	
3	3-3-3	102	105	108	153	
4	4-4-4	157	161	165	210	
5	5-5-5	215	220	225	270	
6	6-6-6	276	282	288	333	
7	7-7-7	340	347	354	399	
8	8-8-8	407	415	423	468	
9	9-9-9	477	486	495	540	
10	10-10-10	550	560	570	615	
11	11-11-11	626	637	648	693	
12	12-12-12	705	717	729	774	
13	13-13-13	787	800	813	858	
14	14-14-14	872	886	900	945	
15	15-15-15	960	975	990	1035	

TOTAL REPS COMPLETED:

SCORES DUE MON, OCT 13 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

SCAN TO SUBMIT YOUR SCORE



NEURO

ROUND	REPS	DEADLIFT	HANG POWER CLEAN	SHOULDER TO OVERHEAD	40 DOUBLE/SINGLE UNDERS	TIE BREAK
1	1-1-1	1	2	3	43	
2	2-2-2	45	47	49	89	
3	3-3-3	92	95	98	138	
4	4-4-4	142	146	150	190	
5	5-5-5	195	200	205	245	
6	6-6-6	251	257	263	303	
7	7-7-7	310	317	324	364	
8	8-8-8	372	380	388	428	
9	9-9-9	437	446	455	495	
10	10-10-10	505	515	525	565	
11	11-11-11	576	587	598	638	
12	12-12-12	650	662	674	714	
13	13-13-13	727	740	753	793	
14	14-14-14	807	821	835	875	
15	15-15-15	890	905	920	960	

TOTAL REPS COMPLETED:

SCORES DUE MON, OCT 13 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

SCAN TO SUBMIT YOUR SCORE



SEATED 1 & SEATED 2

ROUND	REPS	DEADLIFT	HANG POWER CLEAN	SHOULDER TO OVERHEAD	80 MULTI ROPES	TIE BREAK
1	1-1-1	1	2	3	83	
2	2-2-2	85	87	89	169	
3	3-3-3	172	175	178	258	
4	4-4-4	262	266	270	350	
5	5-5-5	355	360	365	445	
6	6-6-6	451	457	463	543	
7	7-7-7	550	557	564	644	
8	8-8-8	652	660	668	748	
9	9-9-9	757	766	775	855	
10	10-10-10	865	875	885	965	
11	11-11-11	976	987	998	1078	
12	12-12-12	1090	1102	1114	1194	
13	13-13-13	1207	1220	1233	1313	
14	14-14-14	1327	1341	1355	1435	
15	15-15-15	1450	1465	1480	1560	

TOTAL REPS COMPLETED:

SCORES DUE MON, OCT 13 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

SCAN TO SUBMIT YOUR SCORE



SUBMISSION CHECKLIST

- ☐ Is your score correctly inputted in Competition Corner?
- ☐ Did you submit your score before Monday, October 13th @ 8:00pm ET?
- ☐ Is your video playable, publicly viewable, and free of copyright issues?
- ☐ Did you show/state your name, division & workout being performed?
- ☐ Is a clock in the frame or on the recording app **CLEARLY** visible?
- ☐ Are your measurements/weights **CLEARLY** shown and stated in the 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?