

WORKOUT TWO

PRESENTED BY **VELITES**

EACH ATHLETE PERFORMS ONE OF THE FOLLOWING **12MIN AMRAP** VARIATIONS:

ATHLETE A

150 DOUBLE-UNDERS
90 WALL BALLS
60 PULL-UPS
30 OVERHEAD SQUATS
18 BAR MUSCLE-UPS

ATHLETE B

75 DOUBLE-UNDERS
45 WALL BALLS
30 PULL-UPS
15 OVERHEAD SQUATS
9 BAR MUSCLE-UPS

ATHLETE C

50 DOUBLE-UNDERS
30 WALL BALLS
20 PULL-UPS
10 OVERHEAD SQUATS
6 BAR MUSCLE-UPS

ELITE/RX

INTERMEDIATE/ OPEN

MASTERS RX

MODIFIED

ATHLETE A

150 Double-unders
90 Wall Balls
60 Pull-ups
30 Overhead Squats
18 Bar Muscle-ups

ATHLETE A

150 Double-unders
90 Wall Balls
60 Pull-ups
30 Overhead Squats
18 Bar Muscle-ups

ATHLETE A

150 Double-unders
75 Wall Balls
45 Pull-ups
30 Overhead Squats
15 Bar Muscle-ups

ATHLETE A

150 Single-unders
75 Wall Balls
45 Jumping Pull-ups
30 Overhead Squats
15 Jumping Chest-to-Bar

ATHLETE B

75 Double-unders
45 Wall Balls
30 Pull-ups
15 Overhead Squats
9 Bar Muscle-ups

ATHLETE B

75 Double-unders
45 Wall Balls
30 Pull-ups
15 Overhead Squats
9 Bar Muscle-ups

ATHLETE B

100 Double-unders
50 Wall Balls
30 Pull-ups
20 Overhead Squats
10 Bar Muscle-ups

ATHLETE B

100 Single-unders
50 Wall Balls
30 Jumping Pull-ups
20 Overhead Squats
10 Jumping Chest-to-Bar

ATHLETE C

50 Double-unders
30 Wall Balls
20 Pull-ups
10 Overhead Squats
6 Bar Muscle-ups

ATHLETE C

50 Double-unders
30 Wall Balls
20 Pull-ups
10 Overhead Squats
6 Bar Muscle-ups

ATHLETE C

50 Double-unders
25 Wall Balls
15 Pull-ups
10 Overhead Squats
5 Bar Muscle-ups

ATHLETE C

50 Single-unders
25 Wall Balls
15 Jumping Pull-ups
10 Overhead Squats
5 Jumping Chest-to-Bar

WB:(20, 141b)(9, 6kg)
Ht:(10, 9ft)(305, 274cm)
BB:(145, 100lb)(67, 44kg)

WB:(20, 141b)(9, 6kg)
Ht:(10, 9ft)(305, 274cm)
BB:(115, 80lb)(52, 36kg)

WB:(20, 141b)(9, 6kg)
Ht:(10, 9ft)(305, 274cm)
BB:(115, 80lb)(52, 36kg)

WB:(14, 101b)(6, 4kg)
Ht:(10, 9ft)(305, 274cm)
BB:(75, 55lb)(34, 25kg)

WORKOUT FLOW

ATHLETE A

- Athletes will start standing tall with their backs to the jump rope.
- At "go", athletes complete 150 double-unders.
- Then, 90 wall balls.
- Then, 60 pull-ups.
- Then, 30 overhead squats.
- Then, 18 bar muscle-ups.
- If athletes complete 18 bar muscle-ups, they'll move back to the double unders.
- The score is the total reps completed within 12 minutes.

ATHLETE B

- Athletes will start standing tall with their backs to the jump rope.
- At "go", athletes complete 75 double-unders.
- Then, 45 wall balls.
- Then, 30 pull-ups.
- Then, 15 overhead squats.
- Then, 9 bar muscle-ups.
- If athletes complete 9 bar muscle-ups, they'll move back to the double-unders.
- The score is the total reps completed within 12 minutes.

ATHLETE C

- Athletes will start standing tall with their backs to the jump rope.
- At "go", athletes complete 50 double-unders.
- Then, 30 wall balls.
- Then, 20 pull-ups.
- Then, 10 overhead squats.
- Then, 6 bar muscle-ups.
- If athletes complete 6 bar muscle-ups, they'll move back to the double-unders.
- The score is the total reps completed within 12 minutes.

SCORE

The score is the team's total cumulative reps across all three 12-minute AMRAPs

- 1 Double-under = 1 Rep
- 1 Wall ball = 1 Rep
- 1 Pull-up = 1 Rep
- 1 Overhead squat = 1 Rep
- 1 Bar muscle-up = 1 Rep

The team captain must submit individual scores for each member; the system will automatically total the team score.

If any athlete performs the modified workout, the "modified" checkbox must be selected, even if others did the workout as prescribed.

Athletes may not receive assistance with their equipment during the workout.

TIEBREAK

Highest rep total by any one athlete on the team.

EQUIPMENT

- Jump Rope
- Wall Ball
- Pull-Up Bar
- Standard Barbell
 - Men 45lb or 20kg
 - Women 35lb or 15kg
- Standard bumper plates
- Collars

*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 may be disqualified from the competition.

Athletes MAY NOT receive assistance with their equipment during the workout.

MOVEMENT STANDARDS

DOUBLE UNDER

- The rep begins with the jump rope in the athlete's hands.
- The rep is completed and 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 UNDER

- The rep begins with the jump rope in the athlete's hands.
- The rep is completed and 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.

WALL BALLS

- The rep begins with the med-ball in the front rack position with the athlete's hips below the top of the knee.
- The rep ends and is credited when the center of the ball makes contact with the target at or above the specified target height.
- During the movement:
 - The med-ball must be taken from the bottom of a squat, hip crease passing clearly below the knee.
 - Athletes may squat clean when taking the ball from the ground.
- If the ball hits the ground, it must come to a rest before initiating the next rep. Taking the ball from the rebound into the next rep is a no-rep.

PULL-UPS

- The rep begins with the arms fully extended and feet off the ground.
- The rep is completed and credited when the chin clearly comes above the pull-up bar.
- During the movement:
 - Any style grip is permitted.
 - Wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted.

BAR MUSCLE UP

- The rep begins with the arms fully extended and feet off the ground.
- The rep ends and is credited when the arms are fully locked out while the athlete is in the support position above the bar, and the shoulders are over or in front of the bar.
- During the movement:
 - Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are NOT permitted.
 - No portion of the foot may rise above the height of the bar during the kip.
 - Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep

OVERHEAD SQUATS

- The rep begins with the bar in the overhead position.
- The rep is completed and credited when the athlete's hips, knees, and arms are clearly locked out and extended with the bar over the middle of the body, or slightly behind when viewed from the profile.
- During the movement:
 - The athlete may get the bar overhead in any fashion.
 - The athlete must pass through a full squat with the hips clearly going below the knees.
 - No part of the body other than the feet may touch the ground.
 - No part of the bar other than the hands may touch the bar.
- A squat snatch is permitted when taking the bar from the ground, as long as all other standards are met.
- Collars must be on the outside of the weights.

JUMPING PULL UP (MODIFIED VARIATION)

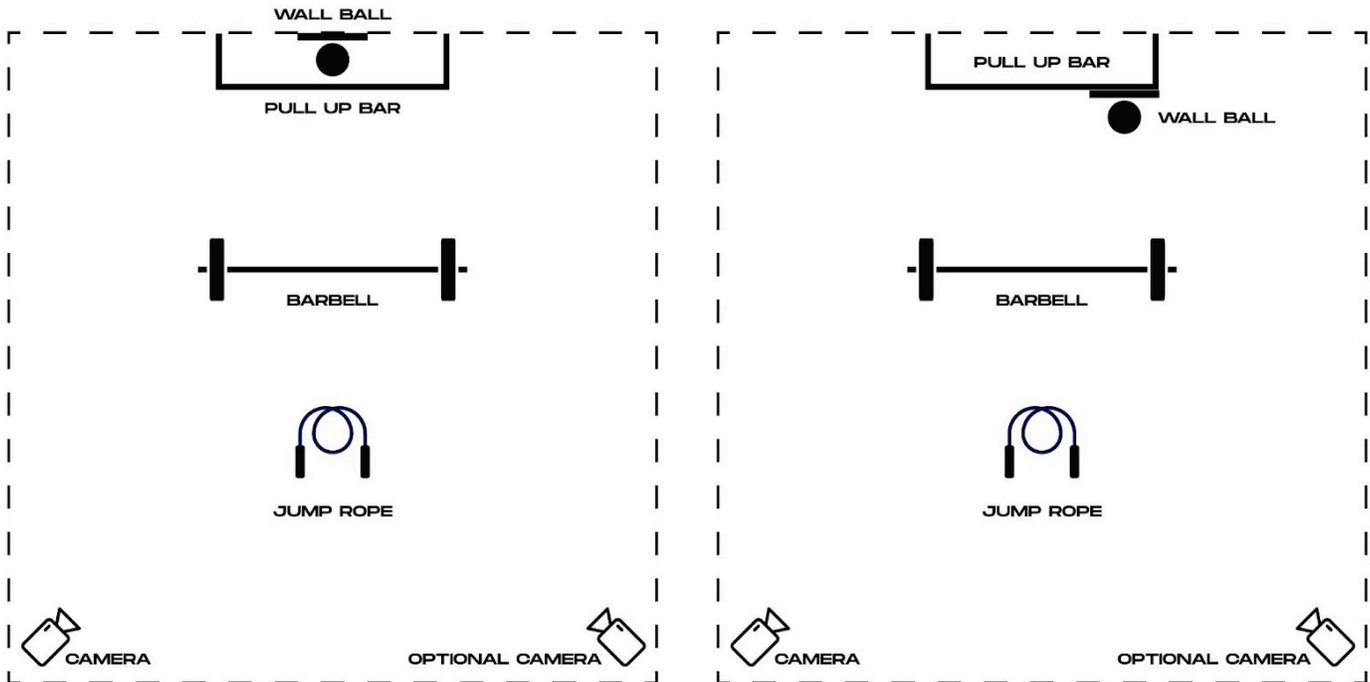
- The rep begins with the athlete underneath the rig, arms fully extended while holding the pull-up bar.
- The rep is completed and credited when the chin clearly comes above the pull-up bar.
- During the movement:
 - Any style of pull-up or grip is permitted as long as the requirements are met.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is NOT.
- Measuring position for the jumping pull-up;
 - While standing underneath a pull-up bar, the bar must be at least 6 inches (15 centimeters) above the top of the head when the athlete is standing tall.
 - Plates or other stable platforms may be used to decrease the distance between the top of the head and the bar.

JUMPING CHEST TO BAR PULL UP (MODIFIED VARIATION)

- The rep begins with the athlete underneath the rig, arms fully extended while holding the pull-up bar.
- The rep is completed and credited when the chest clearly comes into contact with the bar at or below the collarbone.
- During the movement:
 - Any style of chest to bar pull-up or grip is permitted as long as the requirements are met.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is NOT.
- Measuring position for the jumping pull-up;
 - While standing underneath a pull-up bar, the bar must be at least 6 inches (15 centimeters) above the top of the head when the athlete is standing tall.
 - Plates or other stable platforms may be used to decrease the distance between the top of the head and the bar.

FILMING STANDARDS

- *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.*
- 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 barbell and plates so they can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- 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.



ELITE/RX, INTERMEDIATE/OPEN

ATHLETE A		ATHLETE B		ATHLETE C			
ROUND 1		ROUND 1		ROUND 1		ROUND 3	
150 DOUBLE-UNDERS	150	75 DOUBLE-UNDERS	75	50 DOUBLE-UNDERS	50	50 DOUBLE-UNDERS	282
90 WALL BALLS	240	45 WALL BALLS	120	30 WALL BALLS	80	30 WALL BALLS	312
60 PULL-UPS	300	30 PULL-UPS	150	20 PULL-UPS	100	20 PULL-UPS	332
30 OVERHEAD SQUATS	330	15 OVERHEAD SQUATS	165	10 OVERHEAD SQUATS	110	10 OVERHEAD SQUATS	342
18 BAR MUSCLE-UPS	348	9 BAR MUSCLE-UPS	174	6 BAR MUSCLE-UPS	116	6 BAR MUSCLE-UPS	348
ROUND 2		ROUND 2		ROUND 2		ROUND 4	
150 DOUBLE-UNDERS	498	75 DOUBLE-UNDERS	249	50 DOUBLE-UNDERS	166	50 DOUBLE-UNDERS	398
90 WALL BALLS	588	45 WALL BALLS	294	30 WALL BALLS	196	30 WALL BALLS	428
60 PULL-UPS	648	30 PULL-UPS	324	20 PULL-UPS	216	20 PULL-UPS	448
30 OVERHEAD SQUATS	678	15 OVERHEAD SQUATS	339	10 OVERHEAD SQUATS	226	10 OVERHEAD SQUATS	458
18 BAR MUSCLE-UPS	696	9 BAR MUSCLE-UPS	348	6 BAR MUSCLE-UPS	232	6 BAR MUSCLE-UPS	464
TOTAL REPS:		TOTAL REPS:		TOTAL REPS:			

SCORES DUE MON, NOV 24 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME _____

ATHLETE SIGNATURE _____

JUDGE NAME _____



MASTERS

ATHLETE A		ATHLETE B		ATHLETE C			
ROUND 1		ROUND 1		ROUND 1		ROUND 3	
150 DOUBLE-UNDERS	150	100 DOUBLE-UNDERS	100	50 DOUBLE-UNDERS	50	50 DOUBLE-UNDERS	260
75 WALL BALLS	225	50 WALL BALLS	150	25 WALL BALLS	75	25 WALL BALLS	285
45 PULL-UPS	270	30 PULL-UPS	180	15 PULL-UPS	90	15 PULL-UPS	300
30 OVERHEAD SQUATS	300	20 OVERHEAD SQUATS	200	10 OVERHEAD SQUATS	100	10 OVERHEAD SQUATS	310
15 BAR MUSCLE-UPS	315	10 BAR MUSCLE-UPS	210	5 BAR MUSCLE-UPS	105	5 BAR MUSCLE-UPS	315
ROUND 2		ROUND 2		ROUND 2		ROUND 4	
150 DOUBLE-UNDERS	465	100 DOUBLE-UNDERS	310	50 DOUBLE-UNDERS	155	50 DOUBLE-UNDERS	365
75 WALL BALLS	540	50 WALL BALLS	360	25 WALL BALLS	180	25 WALL BALLS	390
45 PULL-UPS	585	30 PULL-UPS	390	15 PULL-UPS	195	15 PULL-UPS	405
30 OVERHEAD SQUATS	615	20 OVERHEAD SQUATS	410	10 OVERHEAD SQUATS	205	10 OVERHEAD SQUATS	415
15 BAR MUSCLE-UPS	630	10 BAR MUSCLE-UPS	420	5 BAR MUSCLE-UPS	210	5 BAR MUSCLE-UPS	420
TOTAL REPS:		TOTAL REPS:		TOTAL REPS:			

SCORES DUE MON, NOV 24 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME _____

ATHLETE SIGNATURE _____

JUDGE NAME _____



MODIFIED

ATHLETE A		ATHLETE B		ATHLETE C			
ROUND 1		ROUND 1		ROUND 1		ROUND 3	
150 SINGLE-UNDERS	150	100 SINGLE-UNDERS	100	50 SINGLE-UNDERS	50	50 SINGLE-UNDERS	260
75 WALL BALLS	225	50 WALL BALLS	150	25 WALL BALLS	75	25 WALL BALLS	285
45 JUMPING PULL-UPS	270	30 PULL-UPS	180	15 JUMPING PULL-UPS	90	15 JUMPING PULL-UPS	300
30 OVERHEAD SQUATS	300	20 OVERHEAD SQUATS	200	10 OVERHEAD SQUATS	100	10 OVERHEAD SQUATS	310
15 JUMPING CHEST-TO-BAR	315	10 JUMPING CHEST-TO-BAR	210	5 JUMPING CHEST-TO-BAR	105	5 JUMPING CHEST-TO-BAR	315
ROUND 2		ROUND 2		ROUND 2		ROUND 4	
150 SINGLE-UNDERS	465	100 SINGLE-UNDERS	310	50 SINGLE-UNDERS	155	50 SINGLE-UNDERS	365
75 WALL BALLS	540	50 WALL BALLS	360	25 WALL BALLS	180	25 WALL BALLS	390
45 JUMPING PULL-UPS	585	30 PULL-UPS	390	15 JUMPING PULL-UPS	195	15 JUMPING PULL-UPS	405
30 OVERHEAD SQUATS	615	20 OVERHEAD SQUATS	410	10 OVERHEAD SQUATS	205	10 OVERHEAD SQUATS	415
15 JUMPING CHEST-TO-BAR	630	10 JUMPING CHEST-TO-BAR	420	5 JUMPING CHEST-TO-BAR	210	5 JUMPING CHEST-TO-BAR	420
TOTAL REPS:		TOTAL REPS:		TOTAL REPS:			

SCORES DUE MON, NOV 24 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME _____

ATHLETE SIGNATURE _____

JUDGE NAME _____



SUBMISSION CHECKLIST

- For each athlete, are your scores correctly inputted in Competition Corner, and did you submit it before the deadline of Monday, November 24th @ 8 p.m. ET?
- For each athlete, are the videos playable, publicly viewable, and free of copyright issues?
- Did each athlete show or state your name, division, and workout being performed, for this workout?
- For each athlete, is a clock in the frame or on the recording app **CLEARLY** visible?
- For each athlete, are the measurements/weights **CLEARLY** shown and stated in the video?
- For each athlete, are the movements **CLEARLY & VISIBLY** performed to standards as stated by WZA?
- For each athlete, is your video clear of obstructions?
- For each athlete, is this the correct video submission for this specific workout?
- For each athlete, is your video correctly inputted in Competition Corner and did you submit it before the deadline of Tuesday, November 25th @ 8 p.m. ET?