WORKOUT TWO

PRESENTED BY ROGUE

10 MIN AMRAP

3 Rounds
100’ Dumbbell Farmer Carry
5 Wall Walks
Then →

3 Rounds
100’ Dumbbell Farmer Carry
10 Handstand Push Up
Then →

3 Rounds
100’ Dumbbell Farmer Carry
50' Handstand Walk

ALL DIVISIONS	MODIFIED
10 MIN AMRAP 3 Rounds 100’ DB Farmer Carry 5 Wall Walks INTO 3 Rounds 100’ DB Farmer Carry 10 Handstand Push-Ups INTO 3 Rounds 100’ DB Farmer Carry 50' Handstand Walk DBs: 50, 35 lb (22.5, 15 kg)	**10 MIN AMRAP** 3 Rounds 100’ DB Farmer Carry 5 Modified Wall Walks INTO 3 Rounds 100’ DB Farmer Carry 10 Hand Release Push-Ups INTO 3 Rounds 100’ DB Farmer Carry 50' Bear Crawl DBs: 35, 25 (15, 12.5 kg)

WORKOUT TWO

PRESENTED BY ROGUE

ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

WORKOUT FLOW

- Start with your back to the dumbbells
- At “go,” turn around and complete 3 rounds of:
    - 100-foot DB farmer carry
    - 5 wall walks
- Then, complete 3 rounds of:
    - 100-ft DB farmer carry
    - 10 handstand push-ups
- Then, complete 3 rounds of:
    - 100-ft DB farmer carry
    - 50-ft handstand walk
- Complete all carries and handstand walks in 25-ft (7.62 m) sections, turning around after each section
- If you finish all 9 rounds, return to the first section and repeat until the 10-minute time cap

NOTES

- Athletes may not receive assistance managing/moving their dumbbells
- Gymnastics grips are not permitted for this workout

SCORE

- Your score is the total reps completed within 10 minutes
    - Each completed 50-foot section of the DB farmer carry counts as 1 rep
    - Each complete 5-foot (1.5 m) section of the handstand walk counts as 1 rep

TIEBREAK

- Record a tiebreak time after completing each 3-round section
- Your tiebreak is your last recorded tiebreak time
- If athletes have the same score, the faster tiebreak time wins

EQUIPMENT

Dumbbell

- If using an adjustable dumbbell, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter).
- When the dumbbell is at rest, the top of the handle may not be less than 2.5 inches from the ground.
- Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.

Tape

- Must be used to designate the 25-ft (7.62 m) farmer carry and handstand walk course, with 5-foot (1.5 m) markers in the middle.

Wall-Walk Setup

- Mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape closest to the wall.
- For women, the distance from the wall to the tape is 55 inches (139 cm). For men, it is 60 inches (152 cm). This line will serve as the start and finish line for each repetition.
- Place a 30-inch (76 cm) tape line so the outside edge of the line is 10 inches from the wall. The tape may be no wider than 2 inches (5 cm).

Handstand Push-Up Setup

- Place a 30-inch (76 cm) tape line so the outside edge of the line is 10 inches (25 cm) from the wall. The tape may be no wider than 2 inches (5 cm).
- If the athlete's head and hands are on different surfaces, those surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).

MOVEMENT STANDARDS

DOUBLE DB FARMER CARRY

Start of Rep

- Athlete holding the DBs in the hang position
- Both feet clearly behind the designated start line

During the Rep

- DBs must be carried in the farmer's position

Completion of Rep

- Both feet clearly past the designated tape line with the DBs in the hang position

WALL WALK

Start of Rep

- Both hands touching the 60/55-inch tape line at the same time
    - Fingers touching is permitted
- Chest, thighs, and feet on the floor

During the Rep

- Keep both hands on the start line until both feet are on the wall
- Walk your feet up the wall and your hands toward the wall
- Both hands must touch the 10-inch tape line at the same time before descending
    - Any part of each hand may touch the line
- Keep both feet on the wall until both hands return to the start line at the same time

Completion of Rep

- When the athlete returns to the starting position, with both hands touching the 60/55-inch tape line and the chest, thighs, and feet touching the ground
    - Any part of the hand may make contact with the tape line

WALL WALK (MODIFIED)

Start of Rep

- Both hands in front of the tape line
- Chest, thighs, and feet on the floor
- No part of the hand may be touching the tape

During the Rep

- Keep both hands in front of the tape line until both feet are on the wall
- Walk your feet up the wall and your hands toward the wall
- Both hands are on the other side of the 2-inch tape line
    - No part of the hand may be touching the tape line
- Keep both feet on the wall until both hands return to the start line at the same time

Completion of Rep

- When the athlete returns to the starting position, with both hands in front of the tape line and the chest, thighs, and feet touching the ground

HANDSTAND PUSH UP

Start of Rep

- Arms, hips, and legs must be fully extended, with shoulders in line with the body
- Both hands touching the designated tape line
- Heels touching the wall, with feet within the width of the hands

During the Rep

- Any part of each hand must remain in contact with the tape line throughout the rep
- The head must clearly touch the ground at the bottom
- Heels may leave the wall but must touch it at the start and finish of each rep
- Feet must remain within the width of the hands at the start and finish of each rep
- Strict and kipping reps are permitted

Completion of Rep

- The rep counts when you return to the starting lockout position with all standards met

HAND RELEASE PUSH UP (MODIFIED)

Start of Rep

- The athlete is in a lockout position where the elbows are locked out and the body is in a straight, plank position. Hips extended and knees extended.

During the Rep

- Elbows must be locked out with the feet no wider than shoulder width.
- A straight body position must be maintained throughout the push-up.
- No snaking, sagging, or pushing up from the knees.
- The chest (nipple line or above) must touch the floor.
- Then, the hands must be lifted completely off the ground.

Completion of Rep

- The athlete returns to the lockout position where the elbows are locked out, and the body is in a straight, plank position. Hips extended and knees extended.

HANDSTAND WALK

Start of Rep

- Both hands (palms & fingers) clearly on the ground and feet off the ground behind the start tape line

During the Rep

- Any handstand walk style is permitted (forward, backward, or sideways).
- Kicking up with hands on or over the start line results in a no-rep.
- Athletes must complete 5-foot increments minimum.
- If a no-rep is issued, the athlete must return to the start of the last completed 5-foot section.

Completion of Rep

- Both hands (palms & fingers) clearly on the ground and feet off the ground past the designated finish tape line

BEAR CRAWL (MODIFIED)

Start of Rep

- Both feet and hands (palms and fingers) clearly behind the start line.

During the Rep

- The hips must clearly stay above the head.
- Only forward bear crawl is permitted (head first)
- Athletes must complete 5-foot increments minimum.
- If a no-rep is issued, the athlete must return to the start of the last completed 5-foot section.

Completion of Rep

- Both feet and hands (palms and fingers) clearly passed the designated finish line.

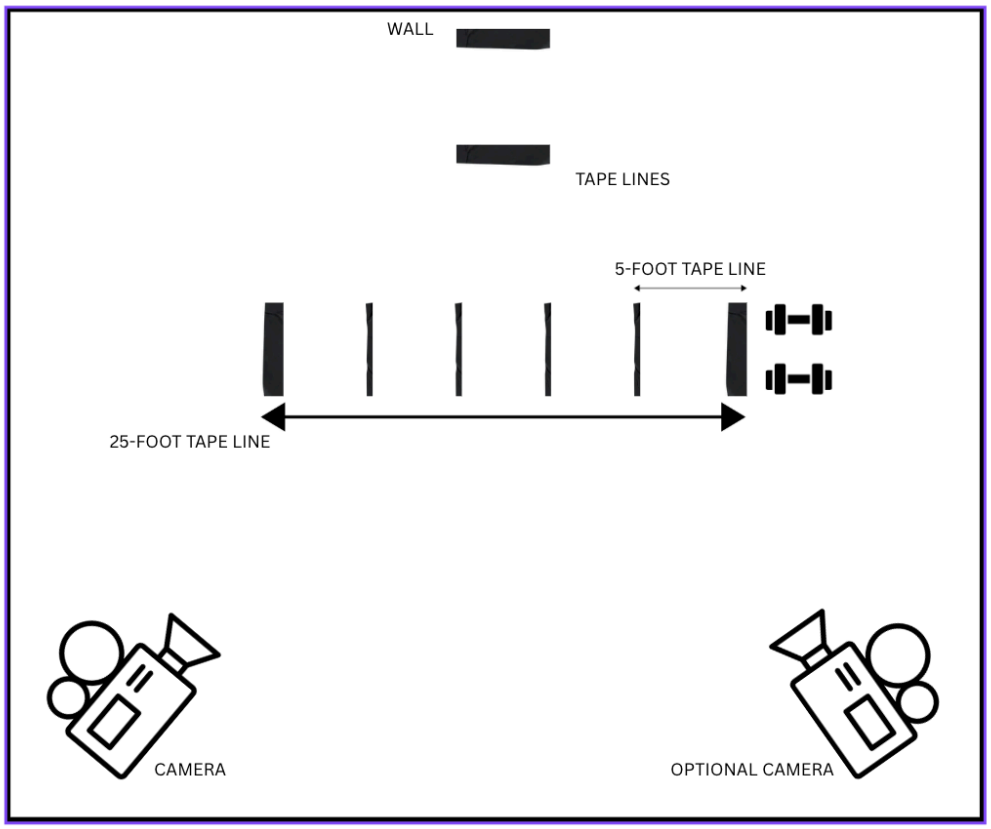
EXTRA

Position and/or move the camera so all movement standards can be clearly verified throughout the workout.

FILMING STANDARDS

- Clearly state or show your name, division, and workout on camera.
- Show all required competition area measurements, equipment loads, and heights clearly.
- Record the entire workout in one continuous, unedited video.
- Keep a clock or timer visible throughout the workout.
- Position the camera so all movements and required standards can be clearly verified.
- Videos filmed with a fisheye or similar lens may be rejected.
- Failure to meet these standards may result in a penalty or invalidation of the video.

Video submission is required for athletes seeking a spot through qualification. It is not required for athletes entering through Open Registration.



WORKOUT TWO

PRESENTED BY ROGUE

ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

ALL DIVISIONS						
100-FT DB FARMER CARRY	1	2				
5 WALL WALKS	7					
100-FT DB FARMER CARRY	8	9				
5 WALL WALKS	10					
100-FT DB FARMER CARRY	11	12				
5 WALL WALKS	17					TIME
100-FT DB FARMER CARRY	18	19				
10 HANDSTAND PUSH UP	29					
100-FT DB FARMER CARRY	30	31				
10 HANDSTAND PUSH UP	41					
100-FT DB FARMER CARRY	42	43				
10 HANDSTAND PUSH UP	53					TIME
100-FT DB FARMER CARRY	54	55				
50-FT HANDSTAND WALK	56	57	58	59	60	
100-FT DB FARMER CARRY	61	62				
50-FT HANDSTAND WALK	63	64	65	66	67	
100-FT DB FARMER CARRY	68	69				
50-FT HANDSTAND WALK	70	71	72	73	74	TIME
100-FT DB FARMER CARRY	75	76				
5 WALL WALKS	81					
100-FT DB FARMER CARRY	82	83				
5 WALL WALKS	88					
100-FT DB FARMER CARRY	89	90				
5 WALL WALKS	95					TIME
REPS AT 10 MIN			TIEBREAK TIME			

WORKOUT TWO

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ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

SUBMIT INDIVIDUAL SCORE	SUBMIT PAIRS/TEAMS SCORE
SCORES DUE MON, NOV 9 @ 8:00PM ET VIA COMPETITION CORNER	

SUBMISSION CHECKLIST

- [ ] Is your score entered correctly in Competition Corner?
- [ ] Did you submit your score before Monday, November 9 @ 8:00pm ET?

WHEN SUBMITTING A VIDEO

- [ ] Is this the correct video for this workout?
- [ ] Is it playable, publicly viewable, and free of copyright issues?
- [ ] Did you clearly state or show your name, division, and workout?
- [ ] Is a clock or timer clearly visible throughout the workout?
- [ ] Are all required measurements and weights clearly shown and stated?
- [ ] Can all movements be clearly verified against WZA's movement standards?
- [ ] Is the camera's view unobstructed?
- [ ] Is the video continuous and unedited?