



Age Group Event 2

For Time*

25 Snatches
 25 Shoulder to Overhead
 25 Toes to Bar
 25 Axle Deadlifts
 25 Dumbbell Box Step-overs
 40 ft. Dumbbell Lunge

Time Cap: 12:00

*This workout is for time, but on the following work/rest intervals**

3:00 work (0:00 - 3:00)
 1:00 rest (3:00 - 4:00)
 3:00 work (4:00 - 7:00)
 1:00 rest (7:00 - 8:00)
 4:00 work (8:00 - 12:00)

**Each work interval starts with 25 wall balls. Use the remaining time to progress as far through the chipper as possible, picking up where you leave off during each successive work interval.

Division Details

Movement	35-49 Men	50+ Men/Teen Boys	35-49 Women	50+ Women/Teen Girls
Wall Ball	20 lb., 10 ft.	20 lb., 10 ft.	14 lb., 9 ft.	14 lb., 9 ft.
Snatch	75 lb.	75 lb.	55 lb.	55 lb.
Shoulder to Overhead	75 lb.	75 lb.	55 lb.	55 lb.
Axle Deadlifts	165 lb.	165 lb.	105 lb.	105 lb.
DB Box Step-over	50 lb. DB, 20" box	50 lb. DB, 20" box	35 lb. DB, 20" box	35 lb. DB, 20" box

Notes:

- 50+ and teen divisions will do 20 reps of all movements including wall balls to start each work interval
- 50+ division will use 1 dumbbell (50/35 lb.) for the box step-overs and lunges

Event Flow

This event is for time. Athletes will have two 3-minute work intervals and one 4-minute work interval to complete the reps. Each work interval is separated by a 1-minute rest interval. Each work interval starts with 25 wall balls with the remaining time being available to perform the reps of the chipper.

Each work/rest interval will begin and end with the sound of an air horn. Athletes begin each work interval in a "felony start" position directly behind their medicine ball. At the sound of the horn, athletes will perform 25 wall balls. They will then begin chipping away at snatches, shoulder to overhead, toes to bar, axle deadlifts, DB Box step-overs and DB lunges.

At the 3:00 mark, a horn will sound to signify the end of the first 3-minute work interval and beginning of the first 1-minute rest interval. Athletes will move back to their med ball mat, assume the "felony start" position, and another horn will sound at the 4:00 mark to begin the second 3-minute work interval. Athletes will once again begin the work interval with 25 wall balls. Then, they will move back to the point at which they left off on the chipper and resume working through the movements.

At the 7:00 mark, a horn will sound to signify the end of the second 3-minute work interval and beginning of the second 1-minute rest interval. Athletes will move back to their med ball mat, assume the "felony start" position, and another horn will sound at the 8:00 mark to begin the final work interval, which is capped at 4 minutes (12:00 on the running clock).

When an athlete completes the 40 ft. DB lunge by standing tall with both feet clearly on the finish mat, time is called. Athletes who do not finish all the repetitions prior to the 12-minute time cap will be credited with all of the reps they did complete.

Movement Standards

For the wall balls, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the target, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

Snatches may be any style: muscle, power, split, or squat. The barbell begins on the ground and must be lifted overhead in one motion. The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body. This is not a ground-to-overhead any way. The barbell may not touch any part of the athlete's body above the hips (shoulders or head). Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. For lowering the barbell, it must return to the floor in front of the body and hands must

remain on the barbell until it passes below the hip. Once dropped, the athlete must settle the barbell on the ground before the beginning the next repetition.

For the shoulder to overhead, each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line.

In the toes-to-bars, the athlete must go from a full hang to having the feet touch the pull-up bar between the hands at the same time. At the start of each rep, the arms must be fully extended and the feet must be brought back behind the bar and behind the body.

Each deadlift rep starts with the bar on the floor and finishes with the athlete standing tall. At the top, hips and knees must be extended with shoulders behind the bar. Arms must remain straight throughout the movement; excessive bouncing is not permitted.

For the DB box step-overs, when stepping over the box, both feet must make contact on the top of the box but there is no requirement to stand tall on the top of the box. The rep is counted when both of the athlete's feet make contact with the ground on the opposite side of the box from where they started. The DBs must be held in the athlete's hands, not resting on the shoulders or anywhere else. The DBs must be set on the ground and not on the box. Setting the DBs on the box will result in a no-rep.

Each DB lunge begins with the dumbbells at the shoulders, the feet together, and the athlete standing tall. The trailing knee must make contact with the ground at the bottom of each lunge. A lunge rep will count when both heels are past the line, the athlete is standing tall with the dumbbells at the shoulders and all standards for the repetition have been met. The rep ends with the dumbbells still at the shoulders and the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. Shuffle steps between reps are not allowed. If the athlete fails to meet any standard during a step, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep or not keeping the dumbbells at the shoulders for the entire rep, the athlete must restart from end of the last successful step. For scoring, lunges will be divided into four 10-foot sections.

Scoring

Score for Event 2 is the total time of completion. The time cap is 12:00. Any reps not completed within the 12:00 time cap will be added as additional seconds to their cap time. For example, if athletes complete all the work, but are unable to reach the Start/Finish mat within the cap, their score will be recorded as 12:01 on the leaderboard. 100 points are available for Event 2.