

Workout 2

Movement	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10
Deadlift	10	40	70	100	130	160	190	220	250	280
Box Jump Overs	20	50	80	110	140	170	200	230	260	290
Toes To Bar	30	60	90	120	150	180	210	240	270	300

20min CAP

Workout Instructions:

- Deadlifts; every movement starts with the bar on the ground with both holding the bar, and lift the bar completing the rep with the body fully extended. After full lockout, athletes are free to drop the bar to the ground.
- Box Jump Overs; two footed take off and both feet must touch the top of the box and rep only counts once the athlete has landed on the other side of the box. (scaled: box step overs are allowed)
- Toes To Bar; the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must touch the bar together, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back to behind the bar, not out front. (scaled; hanging high knees)
- Rx = 80/60kg | Scaled = 60kg/40kg
 Male Rx & Scaled = 24" Box
 Female Rx & Scaled = 20" Box

Score Submission:

Judged Y/N	Video Submission Y/N	Category Rx/Scaled
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Athlete's Name:

Judge's Name & Contact Number:

Judge's Email address:

Score:

time/ reps