

# **WORKOUT 2**

17:00 PT, FRIDAY, APRIL 10, THROUGH 12:00 PT, FRIDAY, APRIL 24

# WORKOUT 2

For time: 100 double-unders 21 burpees 75 double-unders 15 burpees 50 double-unders 9 burpees

# WORKOUT 2 - SCALED For time: 50 jumping jacks 15 burpees 35 jumping jacks 12 burpees

. 20 jumping jacks

9 burpees

Time cap: 15 minutes

Time cap: 15 minutes

### NOTES

The sequence for this workout is 100 double-unders followed by 21 burpees, then 75 double-unders followed by 15 burpees, and finally, 50 double-unders followed by 9 burpees.

For both movements, choose a modification that allows you to execute the range of motion that meets your skill level for the duration of the workout.

Your score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 15-minute time cap.

Be sure you have adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

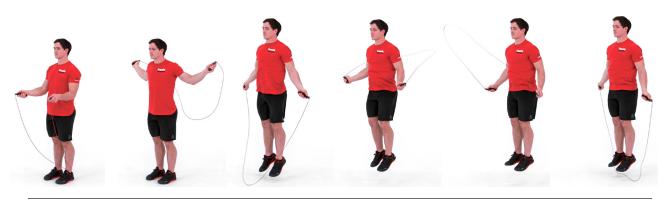
### **POINTS OF PERFORMANCE**

#### **DOUBLE-UNDER**

In the double-under, the jump rope spins forward and passes under the feet twice for each jump. Similarly, in a singleunder, the rope passes under the feet once per jump. Single-unders, jumping Jacks, and jumping in place are recommended scaling options if you don't have double-unders or a jump rope.

For a video demonstration of the double-under, click here. (https://www.crossfit.com/essentials/the-double-under)

- Hold hands slightly in front of hips.
- Elbows stay close to the body.
- Jump a few inches off the ground.
- Spin wrists so the rope passes the feet twice with every jump.



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#### **POINTS OF PERFORMANCE**

#### **BURPEE**

Start each rep of the burpee standing tall. At the top of the movement, your hips and knees should be fully extended. Chest and thighs should touch the ground in the bottom position.

For a video demonstration of the burpee, click <u>here</u>. (https://www.crossfit.com/essentials/the-burpee-2)

For a video demonstration of a burpee modification, click <u>here</u>. (https://www.crossfit.com/essentials/burpee-modification)

- Place the hands approximately shoulder width.
- Jump back to a push-up position.
- Lower the chest and thighs to the ground.
- Push-up and jump the feet back toward the hands.
- Jump to full hip and knee extension.
- Extend the arms overhead during the jump.





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**SCALING OPTIONS** 

JUMPING JACK







SUPPORTED JUMP



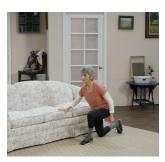






**BURPEE OPTION 1** 

















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SCALING OPTIONS BURPEE OPTION 2















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# **WORKOUT 2 SCORECARD**

17:00 PT, FRIDAY, APRIL 10, THROUGH 12:00 PT, FRIDAY, APRIL 24

# WORKOUT 2 -

- For time:
- 100 double-unders
- 21 burpees
- 75 double-unders
- 15 burpees
- 50 double-unders
- 9 burpees

Time cap: 15 minutes

100 DOUBLE-UNDERS	100
21 BURPEES	121
75 DOUBLE-UNDERS	196
15 BURPEES	211
50 DOUBLE-UNDERS	261
9 BURPEES	270

# WORKOUT 2 - SCALED -

- For time: 50 jumping jacks 15 burpees 35 jumping jacks 12 burpees
- 20 jumping jacks
- 9 burpees

Time cap: 15 minutes

50 JUMPING JACKS	50
15 BURPEES	65
35 JUMPING JACKS	100
12 BURPEES	112
20 JUMPING JACKS	132
9 BURPEES	141

### **WORKOUT 2**

Time \_\_\_\_\_\_ OR Reps at 15 Min. \_\_\_\_\_

Athlete Name \_\_\_\_

Affiliate Name \_\_\_\_

Performed as: Rx'd / Scaled Circle one

Weights Used or Modifications \_\_\_\_\_

Print



Welcome to the Support Your Local Box Fundraiser for the benefit of CrossFit affiliates affected by COVID-19 around the globe. We're glad you could join us.

If you're new to CrossFit, here is a step-by-step guide to participating in the event. Follow these steps to complete the workouts, track your results, and show your support for local affiliates.

Each time you complete one of the three workouts for the Support Your Local Box Fundraiser, record your results and compare them to the scores from your previous attempts.

Share these simple steps with someone you care about. Everyone takes a first step. This can be theirs.

# Step 1

Complete the workout. Visit games.crossfit.com to find workout details, including scaling options. Watch a video demonstration of the workout and download the workout description and scorecard.

# Step 2

Visit map.crossfit.com to locate a CrossFit affiliate (box). Identify an affiliate near you or one you know of that you'd like to support.

# Step 3

Register for the Support Your Local Box Fundraiser online at games.crossfit.com. Enter the name of the affiliate and select a contribution amount (optional).

# Step 4

Submit your score(s) online at games.crossfit.com to see how you stack up on the leaderboard.

- Sign into your account.
- Head to your competition dashboard or select "submit your scores" from the drop-down menu in the upper right corner.
- Select the workout you'd like to submit a score for.
- Choose Rx'd or Scaled to indicate which version of the workout you completed.
- Enter your workout score (i.e., the time it took you to complete the workout OR the total number of repetitions you completed in the workout).
- Select "submit score."

# Step 5

Share your experience with others and send them a copy of this scorecard. Next week's scorecard will include Workouts 1, 2, and 3.

Thank you for your participation, and we look forward to seeing you on the leaderboard!



# **MULTI-WEEK SCORECARD**

- WORKOUT 1				
Complete as many rounds as possible in 10 minutes of:		Date	Score	Weight or Movement Modifications
10 squats	1st Attempt:			
9 dumbbell snatches, right arm				
10 push-ups	2nd Attempt:			
9 dumbell snatches, left arm				
$\bigcirc$ 35 lb. $\bigcirc$ 50 lb.	3rd Attempt:			

For time:		Data	Coore	Weight or Movement Modifications
100 double-unders		Date	Score	Modifications
21 burpees	1st Attempt:			
75 double-unders				
15 burpees	2nd Attempt:			
50 double-unders				
9 burpees	3rd Attempt:			
	Sid Attempt.			

To Be Announced April 17		Date	Score	Weight or Movement Modifications
	1st Attempt:			
	2nd Attempt:			
	3rd Attempt:			