



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

Time cap: 15 minutes

WORKOUT 2 - SCALED

For time:

50 jumping jacks

15 burpees

35 jumping jacks

12 burpees

20 jumping jacks

9 burpees

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 single-under, 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). (<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 [here](https://www.crossfit.com/essentials/the-burpee-2). (<https://www.crossfit.com/essentials/the-burpee-2>)

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





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 _____
Print

Affiliate Name _____

Performed as: Rx'd / Scaled
Circle one

Weights Used or Modifications _____



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:

10 squats
9 dumbbell snatches, right arm
10 push-ups
9 dumbbell snatches, left arm
♀ 35 lb. ♂ 50 lb.

	Date	Score	Weight or Movement Modifications
1st Attempt:	_____	_____	_____
2nd Attempt:	_____	_____	_____
3rd Attempt:	_____	_____	_____

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	Date	Score	Weight or Movement Modifications
1st Attempt:	_____	_____	_____
2nd Attempt:	_____	_____	_____
3rd Attempt:	_____	_____	_____

WORKOUT 3

To Be Announced April 17

	Date	Score	Weight or Movement Modifications
1st Attempt:	_____	_____	_____
2nd Attempt:	_____	_____	_____
3rd Attempt:	_____	_____	_____