

## TEST 2

12-minute AMRAP:

8 dumbbell snatches, arm 1

8 overhead walking-lunge steps, arm 1

8 dumbbell snatches, arm 2

8 overhead walking-lunge steps, arm 2

40 crossovers

♀ 50 lb

♂ 70 lb

## NOTES

Prior to starting, set up the floor plan as shown. Face the camera during the crossovers.

This test begins standing tall with the athlete's back to the dumbbell with the jump rope on the ground. After "3, 2, 1, ... go," turn around and complete 8 dumbbell snatches with the first arm then 8 dumbbell overhead walking lunges using the same arm. After completing the overhead walking lunges, turn around, switch arms and complete the same sequence of 8 dumbbell snatches and 8 overhead walking lunges using the second arm. Then, move to the jump rope and complete 40 crossovers facing the camera. Continue this sequence until the full 12 minutes has expired.

After completing a round, you may begin the next round with the arm of your choice.

Your score will be the total number of repetitions completed before the 12-minute time cap.

## TIEBREAK

There is no tiebreak for this test.

## EQUIPMENT

- Dumbbell of appropriate weight for the athlete's division.\*
- Jump rope.

\* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the dumbbells are 22.5 kg (50 lb) and 32.5 kg (70 lb).

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

Any athlete who in any way alters the equipment or movements described in this document or shown in the test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.

## VIDEO SUBMISSION STANDARDS

- All athletes **MUST** submit a video with their score for validation purposes.
- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a ¾ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the test.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Make sure lighting does not obstruct the view of the athlete, equipment, or workout area. Glare from the background or dark spaces makes it hard to review videos.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

## PENALTIES

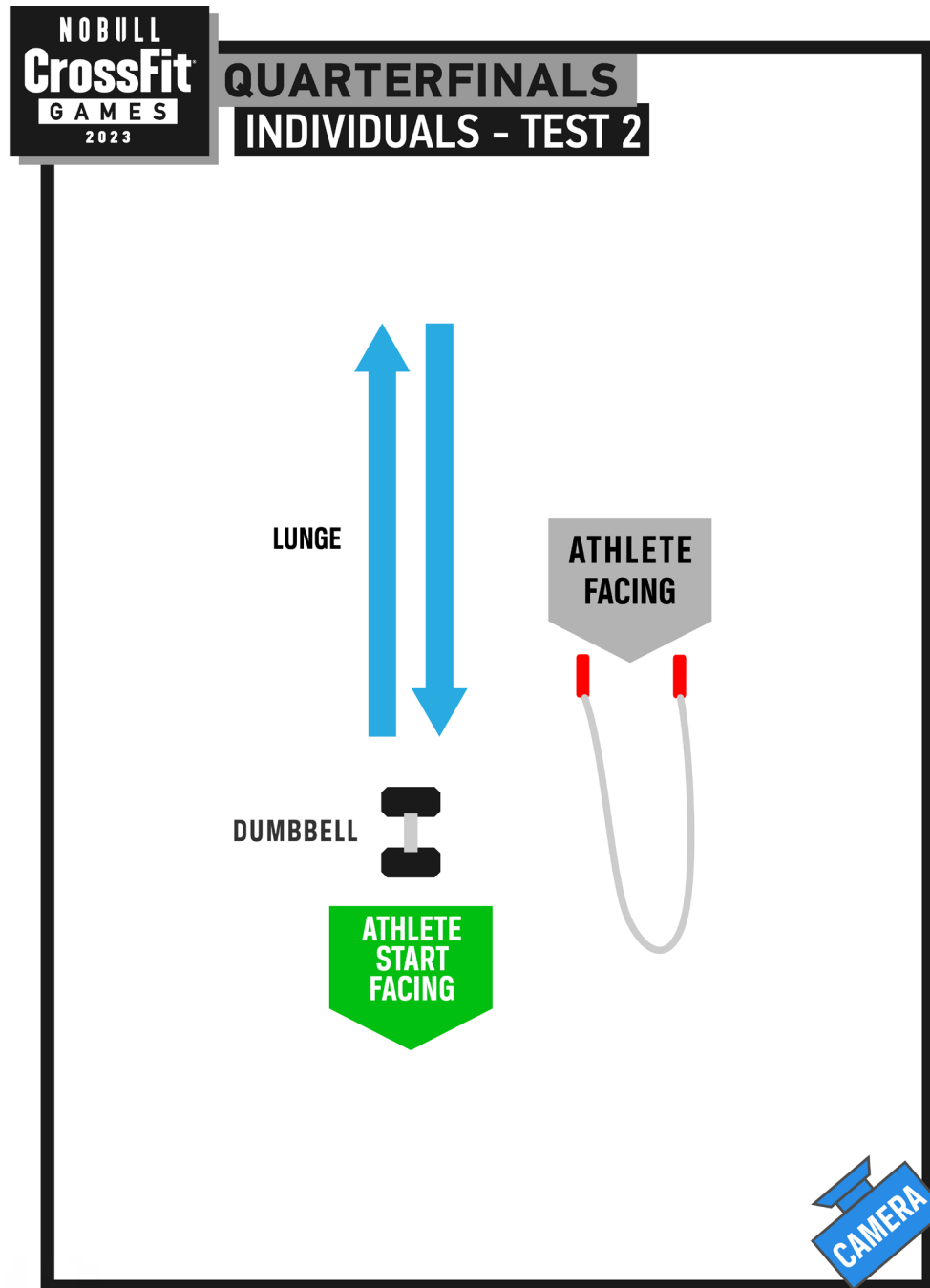
General:

- Missing repetitions may result in the athlete's score being adjusted to the last correctly completed rep before the missed/skipped rep.
- A significant number of no reps will result in a Major Penalty.
- If an athlete is assessed a no rep on any movement in this test and the total number of no-reps falls below the threshold for a major penalty, the rep will be removed from the athlete's score.
- False starts or starting in the wrong position will result in a 1 repetition penalty.

## ZERO SCORE VIOLATIONS

The following may result in an immediate zero score:

- Incorrect weight used for the dumbbell.
- Not visually confirming the floor layout on camera.
- Not having a visible timer throughout the test.
- Intentionally altering the rep scheme or order of movements.
- Incorrect measurements of any part of the setup.



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**MOVEMENT STANDARDS**  
**DUMBBELL SNATCH**



- Athletes must complete all 8 repetitions with the same arm.
- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- The athlete must lift the dumbbell overhead in one motion. A clean and jerk is not allowed.
- Touch-and-go is permitted. Bouncing the dumbbell is not allowed.
- The non-lifting hand or arm may **NOT** make contact with the legs or other parts of the body during the repetition.
- The rep is credited when:
  - The arms, hips, and knees are fully extended.
  - The dumbbell is clearly over the middle of the athlete's body when viewed from profile.
- The athlete may choose to do a split snatch. However, both feet must return in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.
- Athletes may not receive assistance moving or resetting the dumbbell.

## MOVEMENT STANDARDS

### DUMBBELL OVERHEAD WALKING LUNGE



- The dumbbell must remain overhead.
- A full grip around the handle of the dumbbell must be maintained for the duration of the lunge.
- Resting the head of the dumbbell in the hand is **NOT** allowed.
- The non-working hand may not assist with any part of the movement.
- The athlete must reach the finish position before lowering the dumbbell.
- Each lunge step begins with the dumbbell in the overhead position, the feet together, and the hips and legs extended.

- The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
- The athlete must alternate which foot leads for each rep.



- Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
- Athletes must lunge in a straight path. After turning around, athletes must lunge back along the same path. Lunging in any other pattern is not allowed.

**MOVEMENT STANDARDS**  
**CROSSOVERS**



- The rope passes under the feet once for each jump.
- A two-foot take off and landing is required (no speed-steps).
- The rope must spin forward for the rep to count.



- A rep will be counted every time there is a change from hands crossed to hands uncrossed, or vice versa, **AND** the rope successfully passes under the feet.
- A video demonstration can be found [here](#).
- Only successful jumps are counted, not attempts.
- Counting begins the first time the hands cross and the rope passes successfully under the feet.

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arm 1  
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lunge steps, arm 1  
8 dumbbell snatches,  
arm 2  
8 overhead walking-  
lunge steps, arm 2  
40 crossovers

♀ 50 lb

♂ 70 lb

	8 DUMBBELL SNATCHES, ARM 1	8 OVERHEAD WALKING- LUNGE STEPS, ARM 1	8 DUMBBELL SNATCHES, ARM 2	8 OVERHEAD WALKING- LUNGE STEPS, ARM 2	40 CROSSOVERS
ROUND 1	8	16	24	32	72
ROUND 2	80	88	96	104	144
ROUND 3	152	160	168	176	216
ROUND 4	224	232	240	248	288
ROUND 5	296	304	312	320	360
ROUND 6	368	376	384	392	432
ROUND 7	440	448	456	464	504
ROUND 8	512	520	528	536	576

Athlete Name \_\_\_\_\_  
Print

Reps at 12 Min. \_\_\_\_\_

Test Location \_\_\_\_\_

Judge \_\_\_\_\_  
Judge Name

I confirm the information above accurately represents the athlete's performance for this test.

\_\_\_\_\_  
Athlete Signature Date

Athlete Copy

## QUARTERFINALS - INDIVIDUALS - TEST 2

Athlete Name \_\_\_\_\_  
Print

Reps at 12 Min. \_\_\_\_\_

Test Location \_\_\_\_\_

Judge \_\_\_\_\_  
Judge Name

I confirm the information above accurately  
represents the athlete's performance for this test.

\_\_\_\_\_  
Judge Signature Date

SCAN TO SUBMIT SCORE

