

WORKOUT 2

Ingrid

10 rounds for time:

3 hang snatches

3 line-touch burpees

♀ 75 lb

♂ 115 lb

Time cap: 10 minutes

NOTES

Prior to starting the workout, set up the floor plan as shown.

Begin the workout touching the wall. At the call of "3, 2, 1 ... go," move to the barbell and complete 3 hang snatches. Then, move to the wall and complete 3 line-touch burpees. Continue in this fashion until 10 rounds are completed. Time stops at the completion of the final burpee.

Your score will be the total time taken to complete the workout. In the event of a time cap, your score will be the total number of repetitions completed at the 10-minute mark. There is no tiebreak for this workout.

After the workout is complete, walk to the camera and state the password BEFORE turning off or moving the camera.

EQUIPMENT

- Barbell and plates of appropriate weight*
 - Collars
 - Tape to mark the floor and wall
- Men must use a 45-lb (20-kg) barbell, and women must use a 35-lb (15-kg) barbell.

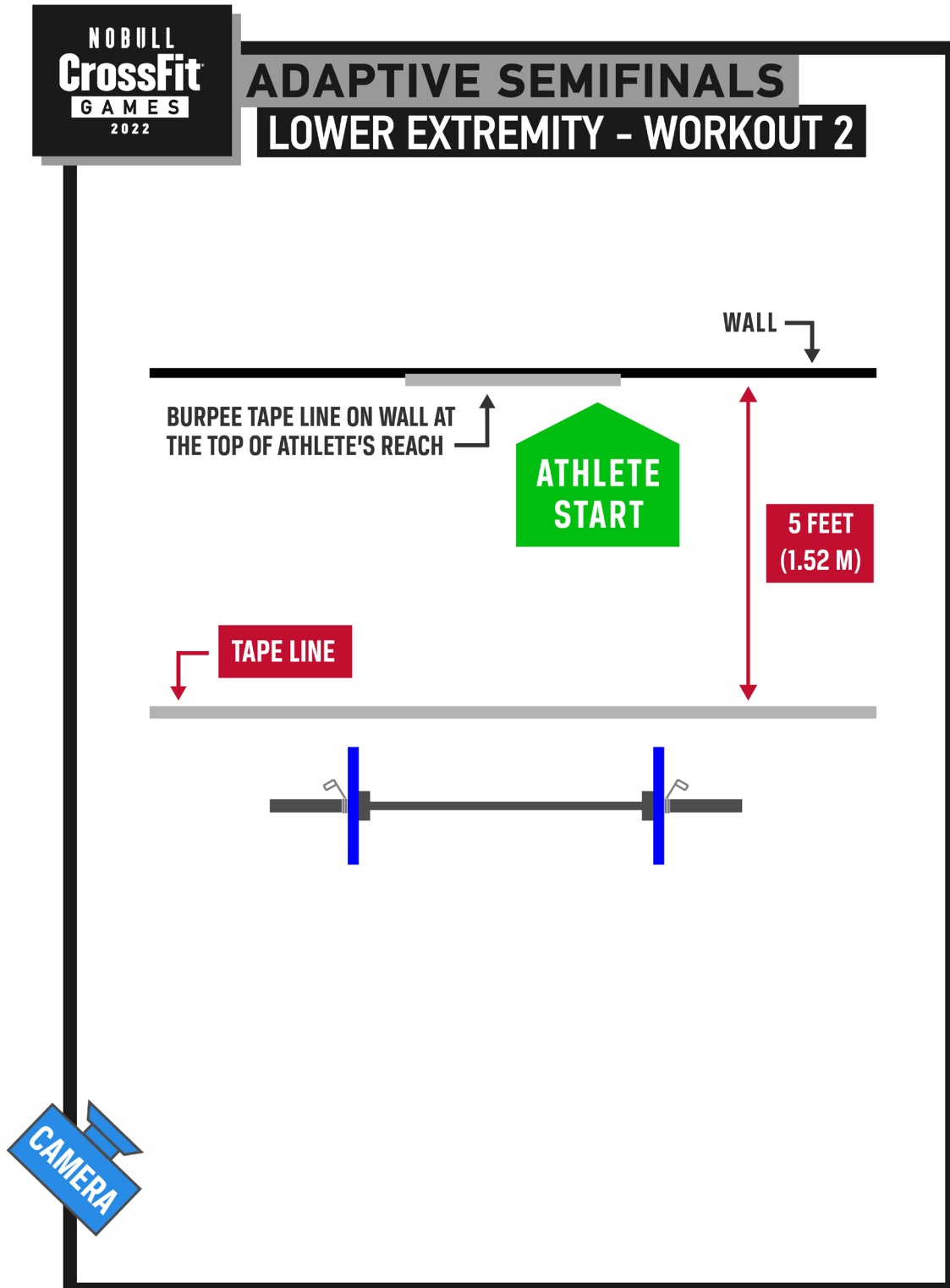
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 34 kg (75 lb) and 52 kg (115 lb).

Be sure you have 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 workout standards video may be disqualified from the competition. Unless otherwise stated, you may not receive assistance with your equipment during the workout.

VIDEO SUBMISSION STANDARDS

- 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 $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 ft (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 workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.
- After the workout is complete, **STATE THE PASSWORD** before turning off or moving the camera.



MOVEMENT STANDARDS

HANG SNATCH



- You and the barbell must remain in front of the line and facing the camera.
- If your foot or the plates on the barbell touch or cross the line at any time, the rep will not count.
- The first rep of each set must be deadlifted to full extension of your hip(s) and leg before you begin lowering to the hang position.
- Power, squat, and split receiving positions are permitted.

- The rep is credited when:
 - your hip(s), knee, and arms are extended;
 - all available feet are in line; and
 - the bar is over or slightly behind the middle of your body when viewed from profile.
- You may not lower the bar until you reach the finish position.
- You may move directly to the hang position on subsequent reps.
- You may **NOT** receive assistance moving or resetting the barbell.

LINE-TOUCH BURPEE



- Stand with your feet at hip width and toes against the wall.
- While standing with your hips and knee(s) straight, extend your arms overhead.
- Touch your thumbs together and extend your fingers.
- Make a mark at the top of your fingertips.
- Clearly show the measurement process during your video submission.

- You must touch your chest and thigh(s) to the ground at the bottom of each burpee.

MOVEMENT STANDARDS

LINE-TOUCH BURPEE (CONTINUED)



- At the top of each burpee, you must touch at or above the line with one hand.
- If you miss the touch or touch below the line, the entire burpee must be repeated.



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NOBULL

ONLINE SEMIFINALS
ADAPTIVE - LOWER EXTREMITY

12 P.M. (NOON) PT THURSDAY, JUNE 2, THROUGH 12 P.M. (NOON) PT FRIDAY, JUNE 3

Presented by

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	3 HANG SNATCHES	3 LINE-TOUCH BURPEES
ROUND 1	3	6
ROUND 2	9	12
ROUND 3	15	18
ROUND 4	21	24
ROUND 5	27	30
ROUND 6	33	36
ROUND 7	39	42
ROUND 8	45	48
ROUND 9	51	54
ROUND 10	57	60

Athlete Name _____
Print

Time or Reps at 10 Min. _____

Workout Location _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Athlete Copy

SEMIFINALS - LOWER EXTREMITY - WORKOUT 2

Athlete Name _____
Print

Time or Reps at 10 Min. _____

Workout Location _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date