

## WORKOUT 2

Ingrid

10 rounds for time:

3 hang snatches

3 line-touch burpees

♀ 65 lb

♂ 95 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.

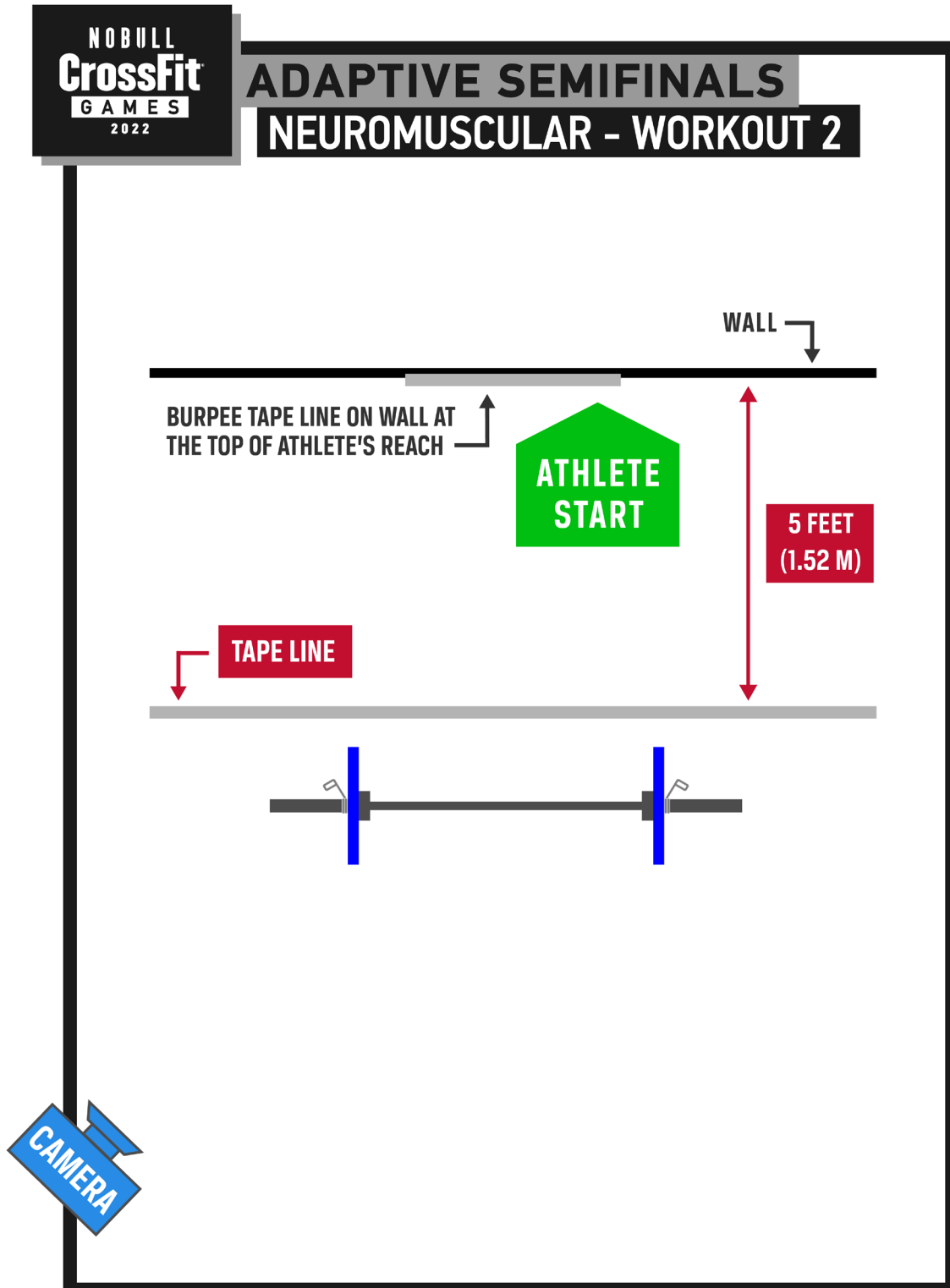
\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 29 kg (65 lb) and 43 kg (95 lb).

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 feet 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 the hips and legs before you lower to the hang position.
- Power, squat, and split receiving positions are permitted.

- The rep is credited when:
  - your hips, knees, and arms are extended;
  - 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.

### LINE-TOUCH BURPEE



- Stand with your feet at hip width and toes against the wall.
- While standing with your hips and knees 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 thighs 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.



Head to [www.nobullproject.com/crossfit](https://www.nobullproject.com/crossfit) to shop the official training footwear and apparel of CrossFit.

**NOBULL**

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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 - NEUROMUSCULAR - 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