

## WORKOUT 2

Ingrid

10 rounds for time:

3 dumbbell snatches

3 line-touch burpees

♀ 40-lb dumbbell

♂ 60-lb dumbbell

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 dumbbell and complete 3 dumbbell 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

- Dumbbell of appropriate weight\*
- Tape to mark the floor and wall

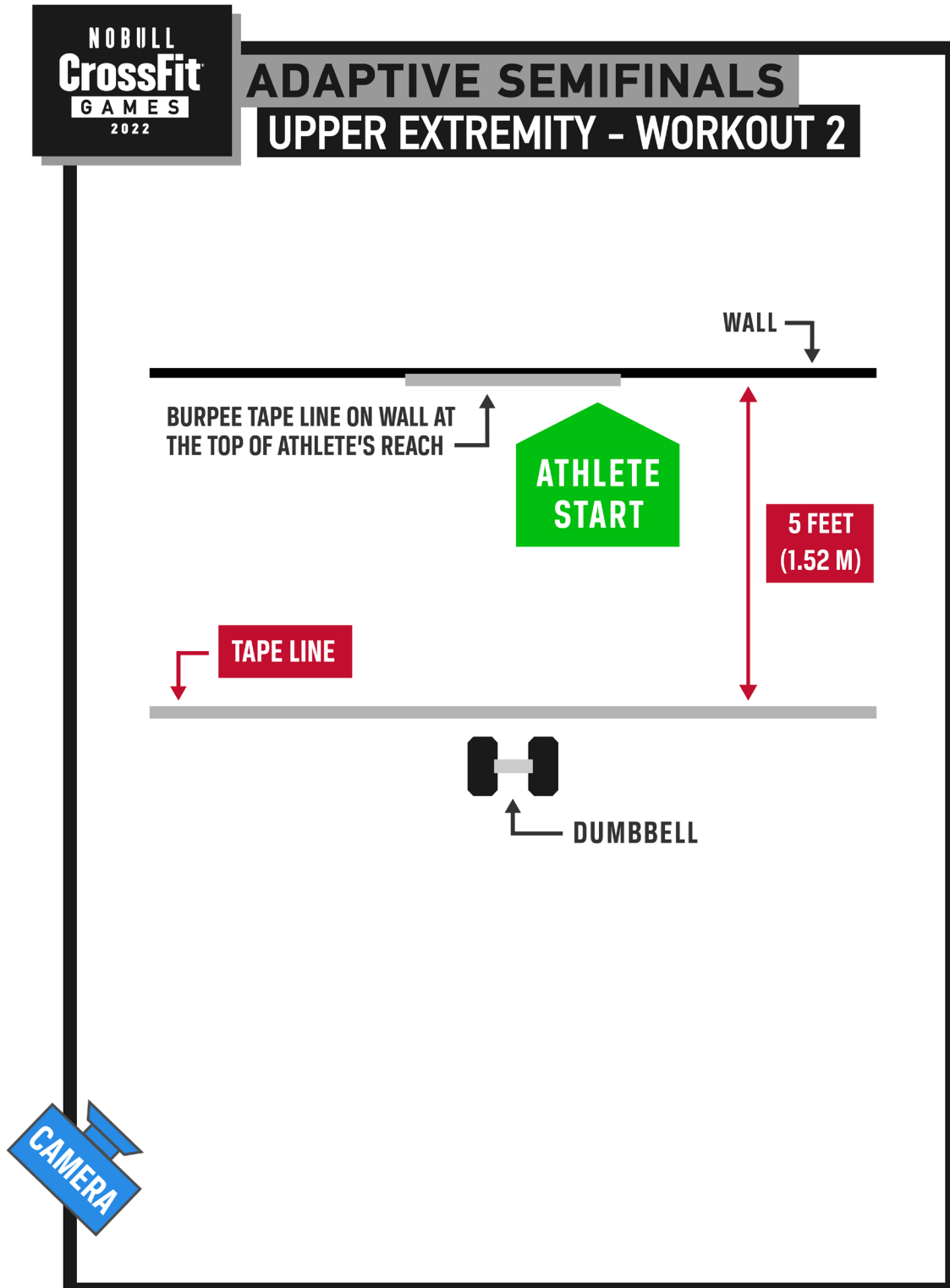
\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 17.5 kg (40 lb) and 27.5 kg (60 lb).

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

### DUMBBELL SNATCH



- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- You must lift the dumbbell overhead in one motion. A clean and jerk is not allowed.
- Touch-and-go reps are permitted. Bouncing the dumbbell is not allowed.
- You must use the same arm throughout the workout.
- 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 arm, hips, and knees are fully extended;
  - feet are in line; and
  - the dumbbell is clearly over the middle of your body when viewed from profile.
- You may choose to do a split snatch. However, both feet must return in line under your body while the dumbbell is locked out overhead for the repetition to count.
- You may not receive assistance moving or resetting the dumbbell.

### 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 arm straight overhead.
- Extend your fingers and make a mark at the top of your fingertips.
- Place a tape line at this mark.
- The tape line shall be placed at this mark with the tape extending farther up the wall.
- Clearly show the measurement process during your video submission.

**MOVEMENT STANDARDS**

**LINE-TOUCH BURPEE (CONTINUED)**



- You must touch your chest and thighs to the ground at the bottom of each burpee.



- At the top of each burpee, you must touch at or above the line with at least 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 - UPPER 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 DUMBBELL 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 - UPPER 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