

## WORKOUT 2

Ingrid

10 rounds for time:

3 snatches

3 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 standing tall with the shins touching the barbell. At the call of "3, 2, 1 ... go," complete 3 snatches. Then, complete 3 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.

You may have a spotter or guide assist your movement through the workout. Assistants may not pick up equipment but may guide you to your equipment.

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

## EQUIPMENT

- Barbell and plates of appropriate weight\*
- Collars

Men must use a 45-lb (20-kg) barbell, and women must use a 35-lb (15-kg) barbell.

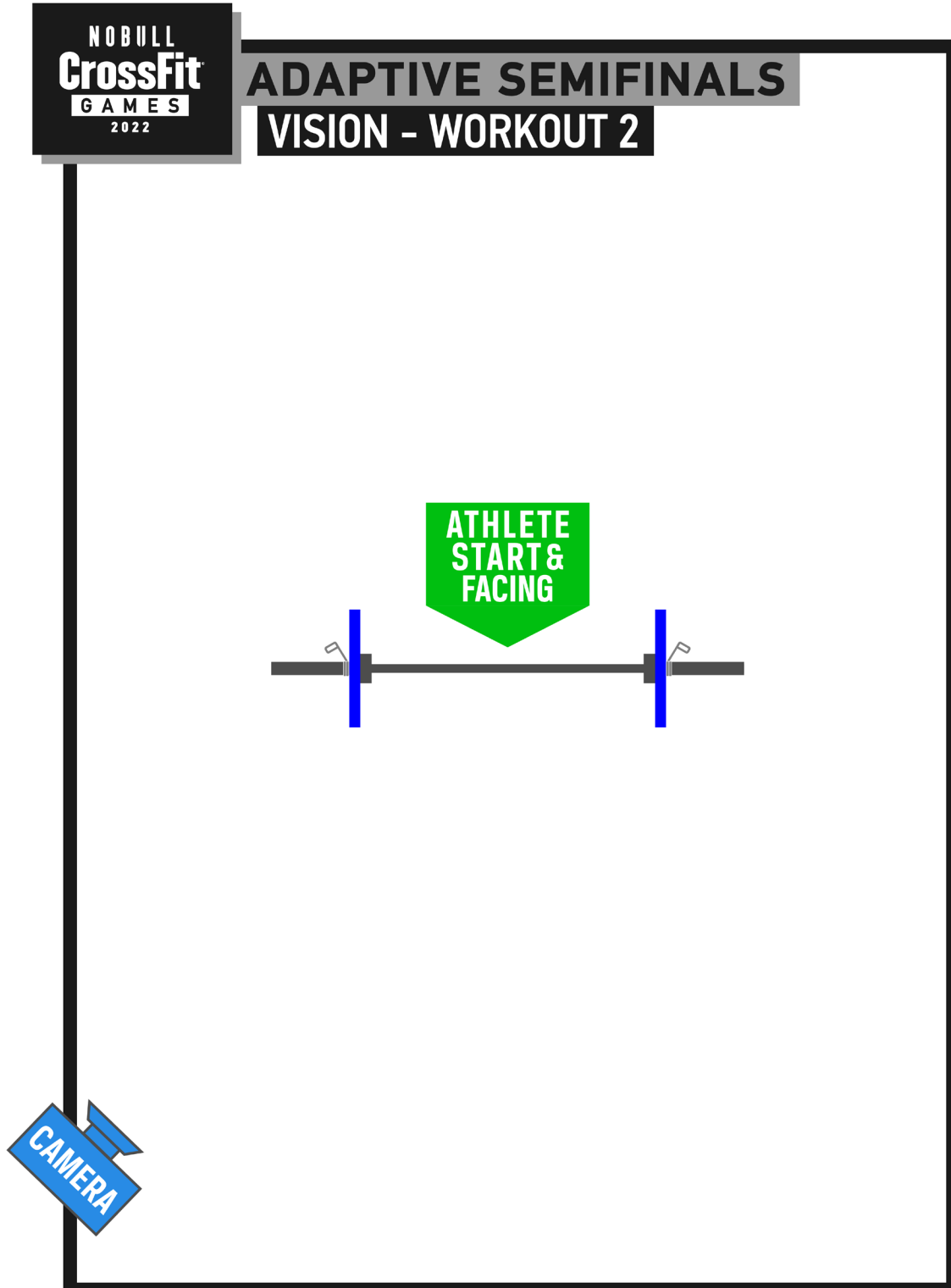
\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 34 kg (75 lb) and 52 kg (115 lb).

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 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 moving or turning off the camera.



## MOVEMENT STANDARDS

### SNATCH



- You and the barbell must face the camera.
- Each rep starts with the bar on the ground.
- Power, squat, and split snatches are permitted.
- Hang snatches are **NOT** permitted.
- Bouncing the bar is **NOT** permitted.



- The rep is credited when:
  - the 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.
- If the bar leaves the ground before the 10-minute time cap and the repetition is successfully completed, that rep will count.

**MOVEMENT STANDARDS**

**BURPEE**



- Stepping and/or jumping to the bottom position are both permitted.
- You must touch your chest and thighs to the ground at the bottom of each burpee.
- Stepping and/or jumping back to the starting position are both permitted.
- The burpee is credited when:
  - you are standing tall with your hips and knees extended; and
  - your hands are together directly over or behind your head.
- You may jump or leave the ground to achieve the finish position. However, a jump is not required.



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

**NOBULL**

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	3 SNATCHES	3 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 - VISION - 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