

WORKOUT 2

As many reps as possible in 20 minutes of:

16/20-calorie row

50-foot farmers carry

*Add 50 feet after each round

♀ 35-lb (15-kg) dumbbells

♂ 50-lb (22.5-kg) dumbbells

WORKOUT VARIATIONS

Rx'd:

♀ 35-lb (15-kg) dumbbells

♂ 50-lb (22.5-kg) dumbbells

Scaled:

♀ 20-lb (10-kg) dumbbells

♂ 35-lb (15-kg) dumbbells

QUICK START

- Start seated on the rower with your hands off of the paddle.
- At “go,” begin rowing.
 - Women will row 16 calories each round.
 - Men will row 20 calories each round.
- Then, pick up the dumbbells and perform a 50-foot farmers carry:
 - Carry 25 feet away from the rower and 25 feet back to total 50 feet.
 - Each 25-foot section will count as 1 rep.
- Then, move back to the rower for the second round of 20/16 calories.
- Pick up the dumbbells and carry them 100 feet.
 - Carry 25 feet away from the rower, 25 feet back, 25 feet away, and 25 feet back to total 100 feet.
- Continue in this fashion, rowing 20/16 calories and increasing the carry distance by 50 feet each round.
- Your score will be the total number of repetitions completed at the end of 20 minutes.

NOTES

- The farmers carry **MUST** be completed in 25-foot sections.
 - If the dumbbells are brought down between the lines at any time, you must return behind the line and complete the entire 25-foot section again.
 - Athletes in smaller facilities can create a shorter farmers-carry turnaround as long as the total distance required for each round is completed.
 - Athletes **CANNOT** create a carry distance that is further than 25 feet in one direction.
 - The rower **MUST** be placed outside of the 25-foot section.
- Each 25-foot section of the farmers carry will count as 1 repetition.
- Gymnastics grips are not allowed during this workout.

TIEBREAK

- A tiebreak time will be taken after completing each round. If athletes tie on total reps completed, the athlete with the faster tiebreak time will win the tie.

EQUIPMENT

- Rogue Echo or C2 rower
 - Video submissions: A clear view of the monitor must be captured on camera.
- Two dumbbells of appropriate weight
 - If using an adjustable dumbbell, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). In addition, when the dumbbell is at rest, the top of the handle cannot be less than 2.5 inches off the ground. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.
- Tape or other object to indicate the 25-foot farmers-carry distance

Refer to the [2025 CrossFit Everyday Hero Service Cup Rulebook](#) for complete video submission standards.

MOVEMENT STANDARDS

ROW

REQUIREMENTS



1



2

1. The monitor must be set to 0 at the beginning of each row.
 - The monitor must count **UP** to the designated calories.
 - Any damper setting may be used at any time.
2. Remain seated until the monitor clearly reads 20 (men) or 16 (women) calories.

NOTES:

- If the time cap is reached during the row, record the calorie count when the rower comes to rest ("rollover" calories **DO** count toward your score).
- The rower **MUST** be placed outside of the 25-foot farmers-carry section.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Starting a round without resetting the monitor to 0.

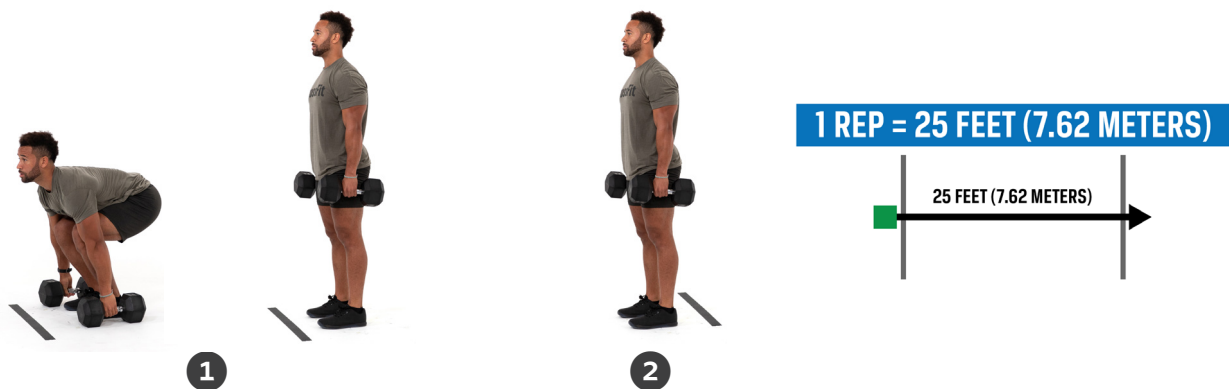
ADDITIONAL:

✗ Standing up from the rower prior to reaching the required calories.

MOVEMENT STANDARDS

FARMERS CARRY

REQUIREMENTS



1. Begin each rep with both feet behind the line and the dumbbells off the floor in the hang position.

- You may **NOT** use gymnastics grips during this workout.
- The dumbbells must be held in the hang position.

2. Both feet must completely cross the line at the end of each rep. Touching the line will not count.

- You may not receive assistance moving or resetting the dumbbells.

NOTES:

- Each 25-foot section completed will count as 1 rep.
- Athletes in smaller facilities can create a shorter farmers-carry turnaround as long as the total distance required for each round is completed.
- Athletes **MAY NOT** create a carry distance that is further than 25 feet in one direction.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Turning around with:

- Only one foot across the line.
- One or both feet on the line.

✗ Allowing the dumbbells to touch the ground between the lines.

- Setting the dumbbells down at any point between the 25-foot lines.
- If the dumbbells are brought down between the lines at any time, you must return behind the line and complete the entire length again.

✗ Carrying the dumbbells in any other position than at the hang.

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FARMERS CARRY:

25 feet = 1 rep

ROUND 1	16/20-CALORIE ROW	16/20	TIME
	50-FOOT FARMERS CARRY	2 reps 18/22	
ROUND 2	16/20-CALORIE ROW	34/42	TIME
	100-FOOT FARMERS CARRY	4 reps 38/46	
ROUND 3	16/20-CALORIE ROW	54/66	TIME
	150-FOOT FARMERS CARRY	6 reps 60/72	
ROUND 4	16/20-CALORIE ROW	76/92	TIME
	200-FOOT FARMERS CARRY	8 reps 84/100	
ROUND 5	16/20-CALORIE ROW	100/120	TIME
	250-FOOT FARMERS CARRY	10 reps 110/130	
ROUND 6	16/20-CALORIE ROW	126/150	TIME
	300-FOOT FARMERS CARRY	12 reps 138/162	
ROUND 7	16/20-CALORIE ROW	154/182	TIME
	350-FOOT FARMERS CARRY	14 reps 168/196	
ROUND 8	16/20-CALORIE ROW	184/216	TIME
	400-FOOT FARMERS CARRY	16 reps 200/232	
ROUND 9	16/20-CALORIE ROW	216/252	TIME
	450-FOOT FARMERS CARRY	18 reps 234/270	
ROUND 10	16/20-CALORIE ROW	250/290	TIME
	500-FOOT FARMERS CARRY	20 reps 270/310	
ROUND 11	16/20-CALORIE ROW	286/330	TIME
	550-FOOT FARMERS CARRY	22 reps 308/352	
ROUND 12	16/20-CALORIE ROW	324/372	TIME
	600-FOOT FARMERS CARRY	24 reps 348/396	

TIME

Tiebreak Time _____

Judge _____

Judge Name

Reps at 20 Min. _____

☐ Rx'd ☐ Scaled

Athlete _____

Athlete Name

Athlete Signature

Athlete Copy

CROSSFIT EVERYDAY HERO SERVICE CUP - WORKOUT 2

Reps at 20 Min. _____ ☐ Rx'd ☐ Scaled

Athlete Name _____ Tiebreak Time _____

Print

Workout Location _____ Date _____

Judge _____ Judge Signature _____

Judge Name

Judge Signature



HERO

SCAN TO SUBMIT SCORE



CrossFit