

XMAS BATTLE WORKOUT 2



1. WORKOUT DESCRIPTION

RX	INTERMEDIATE	SCALED
<p>FOR TIME:</p> <p>BUY IN: 75 WALL BALLS (20/14)</p> <p>PARTNER 1: 3 ROUNDS: 10 POWER SNATCH (40/30) 10 DOUBLE DUMBBELL FRONT SQUATS (2x20/2x15)</p> <p><i>then</i></p> <p>PARTNER 2: 30 POWER SNATCH (40/30) 30 DOUBLE DUMBBELL FRONT SQUATS (2x20/2x15)</p> <p>BUY OUT: 75 WALL BALLS (20/14)</p> <p>TC: 14:00</p>	<p>FOR TIME:</p> <p>BUY IN: 75 WALL BALLS (20/14)</p> <p>PARTNER 1: 3 ROUNDS: 10 POWER SNATCH (35/25) 10 DOUBLE DUMBBELL FRONT SQUATS (2x15/2x10)</p> <p><i>then</i></p> <p>PARTNER 2: 30 POWER SNATCH (35/25) 30 DOUBLE DUMBBELL FRONT SQUATS (2x15/2x10)</p> <p>BUY OUT: 75 WALL BALLS (20/14)</p> <p>TC: 14:00</p>	<p>FOR TIME:</p> <p>BUY IN: 75 WALL BALLS (14/10)</p> <p>PARTNER 1: 3 ROUNDS: 10 ALT, DUMBBELL SNATCH (15/10) 10 SINGLE DUMBBELL FRONT SQUATS (15/10)</p> <p><i>then</i></p> <p>PARTNER 2: 30 ALT. DUMBBELL SNATCH (15/10) 30 SINGLE DUMBBELL FRONT SQUATS (15/10)</p> <p>BUY OUT: 75 WALL BALLS (14/10)</p> <p>TC: 14:00</p>

2. WORKOUT RULES

- The team decides who is PARTNER 1 and who is PARTNER 2
- PARTNER 1 must complete all repetitions in the 3 rounds before PARTNER 2 may start his/her portion of the workout
- BUY IN and BUY OUT can be shared as you like but only one participant can work at a time

3. MOVEMENT STANDARDS

RX & INTERMEDIATE	
WALL BALLS	In the wall ball shot the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specific target.

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	<p>The rep is credited when the center of the ball hits the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a “no rep.” If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.</p> <p>Male target: 10 feet/305 cm Female target: 9 feet/275 cm</p>
POWER SNATCH	<p>The barbell begins on the ground and must be lifted overhead in one motion. The participant must catch the bar in the overhead position with the hips above the knees. Passing through a squat position is a no-rep. The rep is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.</p>
DOUBLE DUMBBELL FRONT SQUATS	<p>The rep begins from the top, with knees and hips extended and dumbbells on the shoulders. The rear head of the dumbbells must be clearly over or slightly behind the center of the participant’s body when viewed from profile. The dumbbells must remain at the shoulders, and the hands must remain around the dumbbell handle for the duration of the rep. At the bottom of the squat, the hip crease must pass below the knees. The rep is credited at the top with hips and knees fully extended.</p>

SCALED	
ALTERNATING DUMBBELL SNATCH	<p>Every rep starts with both heads of the dumbbell on the ground. The dumbbell must be lifted overhead in one motion. A clean and jerk is NOT allowed. Participants must alternate arms after each repetition and may not alternate until a successful rep is completed. Deliberately bouncing the dumbbell is not allowed. The non-lifting hand and arm may not be in contact with the body during the repetition. The rep is credited when the dumbbell is locked out overhead, with the hips, knees, and arm fully extended, and the dumbbell directly over, or slightly behind, the middle of the body. The repetition must be clearly locked out before the participant switches hands.</p>
DUMBBELL FRONT SQUATS	<p>The rep begins from the top, with knees and hips extended and the dumbbell on the shoulder. The rear head of the dumbbell must be clearly over or slightly behind the center of the participant’s body when viewed from profile. The dumbbell must remain at the shoulder, and the hand must remain around the dumbbell handle for the duration of the rep. At the bottom of the squat, the hip</p>

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	crease must pass below the knees. The rep is credited at the top with hips and knees fully extended. Only one single dumbbell should be used.
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4. MINIMUM WORK REQUIREMENT FOR RX AND INTERMEDIATE

The minimum work requirement for RX and intermediate division is set to 195 repetitions which is equivalent to all repetitions in the workout minus the buy out. Teams that do not meet the minimum work requirement will have their score adjusted to the scaled version.

5. SCORE VALIDATION AND VIDEO SUBMISSION

Top 5 scores in each workout will be required to provide video proof.

All participants could be asked to provide video proof of one or more workouts. It is your sole responsibility to have a video of your performance. If you can't provide a video upon request then your score will be removed from the leaderboard. There will be an option to provide a video link when uploading your score and we recommend everyone to do so. It isn't mandatory to provide a link when registering your score but you MUST be able to provide a video upon request.

It is your sole responsibility to make sure that the above mentioned movement standards are visible in the provided video. If not visible videos will be rejected.

6. SCORING

This workout includes a tiebreak. If all 270 reps are completed prior to the **14-minute time cap**, the team score will be 270 reps + the total time of completing the workout. If you are not able to complete the entire workout in the allotted time, your final score will be the amount of completed reps. In this case you do not register a tiebreak time.

Examples:

- *At the time cap of 14:00 minutes Team A has done buy in + partner 1 work + partner 2 work + 50 wall balls. In the scoresheet we see that Team A has completed 245 repetitions. Their final score is = **245 repetitions***
- *In 11:45 min. Team B has completed the entire workout and has thereby completed 270 repetitions as shown in the scoresheet. Their final score is **270 repetitions - tiebreak 11:45***

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7. SCORESHEET

RX, Intermediate & Scaled

Buy in	75 wall balls		75	
Partner 1	10 power snatch/dumbbell snatch	10 double dumbbell front squats/single dumbbell front squats	85	95
	10 power snatch/dumbbell snatch	10 double dumbbell front squats/single dumbbell front squats	105	115
	10 power snatch/dumbbell snatch	10 double dumbbell front squats/single dumbbell front squats	125	135
Partner 2	30 power snatch/dumbbell snatch	30 double dumbbell front squats/single dumbbell front squats	165	195
Buy out	75 wall balls		270	

TEAM NAME: _____ SCORE: _____

- VERSION: RX
 INTERMEDIATE
 SCALED