

## Workout 2: For Time (16 Min Cap)

120' single DB overhead lunge	5	10	15	20	25	30	35	40	45	50	55	60	24
	65	70	75	80	85	90	95	100	105	110	115	120	
10 hang squat clean 135/95#	1		2		3		4		5			34	
	6		7		8		9		10				
80' single DB overhead lunge	5	10	15	20	25	30	35	40	50				
	45	50	55	60	65	70	75	80					
8 hang squat clean 185/125#	1	2	3	4	5	6	7	8	58				
<b>First Cap at 8 mins/Tie break</b>	<b>Must finish the 8 squat clean prior to 8 minute mark</b>												
80' single DB overhead lunge	5	10	15	20	25	30	35	40	74				
	45	50	55	60	65	70	75	80					
6 hang squat clean 225/155#	1		2		3		4		5		6		80
80' single DB overhead lunge	5	10	15	20	25	30	35	40	96				
	45	50	55	60	65	70	75	80					
4 hang squat clean 255/175#	1		2		3		4				100		
40' single DB overhead lunge	5		10		15		20		108				
	25		30		35		40						
2 hang squat clean 285/195#	1					2						110	
<b>WOD Cap at 16 mins</b>	<b>Record time of 2<sup>nd</sup> hang squat clean completion</b>												

Lunge in 20' increments

55+ Age groups & Scaled – any kind of Hang Clean, can be power or squat

### RX Men:

Movement	35-39	40-44	45-49	50-54	55-59	60-64	65+
HSC 1	135	135	135	115	95	75	65
HSC 2	185	185	185	165	135	115	95

HSC 3	225	225	225	205	165	135	115
HSC 4	255	255	255	235	185	155	135
HSC 5	285	285	285	255	205	175	155
DB OHL	50# / 5' Increments, 20' max distance one direction	50# / 5' Increments, 20' max distance one direction	50# / 5' Increments, 20' max distance one direction	50# / 5' Increments, 20' max distance one direction	35# / 5' Increments, 20' max distance one direction	35# / 5' Increments, 20' max distance one direction	20# / 5' Increments, 20' max distance one direction

**RX Women:**

Movement	35-39	40-44	45-49	50-54	55-59	60-64	65+
HSC 1	95	95	95	75	65	55	45
HSC 2	125	125	125	105	85	65	55
HSC 3	155	155	155	125	95	75	65
HSC 4	175	175	175	145	105	85	75
HSC 5	195	195	195	155	115	95	85
DB OHL	35# / 5' Increments, 20' max distance one direction	35# / 5' Increments, 20' max distance one direction	35# / 5' Increments, 20' max distance one direction	20# / 5' Increments, 20' max distance one direction	20# / 5' Increments, 20' max distance one direction	20# / 5' Increments, 20' max distance one direction	20# / 5' Increments, 20' max distance one direction

**Scaled Men:**

Movement	35-39	40-44	45-49	50-54	55-59	60-64	65+
HSC 1	95	95	95	75	65	55	45
HSC 2	125	125	125	105	85	65	55
HSC 3	155	155	155	125	95	75	65
HSC 4	175	175	175	145	105	85	75
HSC 5	195	195	195	155	115	95	85
DB OHL	35# / 5' Increments, 20' max distance one direction	35# / 5' Increments, 20' max distance one direction	35# / 5' Increments, 20' max distance one direction	20# / 5' Increments, 20' max distance one direction	20# / 5' Increments, 20' max distance one direction	20# / 5' Increments, 20' max distance one direction	20# / 5' Increments, 20' max distance one direction

**Scaled Women:**

Movement	35-39	40-44	45-49	50-54	55-59	60-64	65+
HSC 1	65	65	65	55	45	45	35
HSC 2	85	85	85	75	55	55	45

HSC 3	105	105	105	95	65	65	55
HSC 4	125	125	125	115	75	75	65
HSC 5	135	135	135	125	85	85	75
DB OHL	20# / 5' Increments, 20' max distance one direction	20# / 5' Increments, 20' max distance one direction	20# / 5' Increments, 20' max distance one direction	20# / 5' Increments, 20' max distance one direction	15# / 5' Increments, 20' max distance one direction	15# / 5' Increments, 20' max distance one direction	15# / 5' Increments, 20' max distance one direction

**Lbs to KG Conversion:**

<b>Barbell</b>	
<b>Lbs</b>	<b>KG</b>
285	130
255	115
235	107
225	102
205	93
195	88
185	84
175	80
165	75
155	70
145	66
135	61
125	57
115	52
105	48
95	43
85	39
75	34
65	30
55	25
45	21
35	15

<b>Dumbbell</b>	
<b>Lbs</b>	<b>KG</b>
50	22
35	15
20	9
15	6

**Workout Instructions:**

**Workout Flow:** Workout 2 begins with the athlete standing at a full lockout. At the call of 3-2-1 go, the athlete may begin their first DB single-arm overhead walking lunge. Once the athlete has completed 120' of walking lunges they can then move on to their first round of 10 hang

squat cleans. Once finished with the 10 squat cleans, the athlete returns to the dumbbell for the next round of single-arm overhead walking lunges (80'). The athlete must finish the round of 8 hang squat cleans by the 8:00 minute mark for the workout to continue. If the athlete successfully completes the 8 hang squat cleans before the 8:00 minute mark, they will then return to their dumbbell to complete another round of overhead walking lunges (80') followed by 6 hang squat cleans, then another 80' and 4 hang squat cleans, and finally a 40' overhead walking lunge and 2 hang squat cleans.

**The athlete may only use 1 bar, however they may receive assistance changing their weights.**

#### **Movement Standards:**

**DB Single-arm Overhead Walking Lunge:** This is a single-arm overhead walking lunge. Each lunge begins with a dumbbell overhead, the feet together and the athlete standing tall with hips and knees extended. The athlete must be behind the mark denoting the start of the segment being attempted. At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the dumbbell must be above the height of the athlete's head. If, during the lunge, either head of the dumbbell comes into contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the last completed section in order to continue. There is no requirement to switch arms; athletes may choose to do so of their own accord. However, athletes must complete a 5-foot section prior to switching arms. Lunging in place is not allowed. The rep is credited when the athlete gets both heels across the line, has the dumbbell in the overhead position and is standing tall with hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each step. Shuffle steps between steps are not allowed. Each 5-foot section will count as 1 rep. If the athlete fails to meet any standard during a step, the athlete must restart from behind the last 5-foot section successfully completed.

**Hang Squat Clean:** Each rep must begin from the hang position. Once in the hang position, the barbell must travel from the hang (anywhere between the knees and hips to the shoulder with the athlete passing through a full squat (crease of the hip below top of the knee).

**The bar must be taken from the ground to begin the hang squat cleans. Boxes are not permitted. The bar may be dropped to boxes or crash pads, but then rolled off to the ground to begin the next rep.**

**Recommended Camera Set up for Video Submission:**



