



WORKOUT 2

Cap - 16 mins

Athlete Name: _____

RX	Scaled	Scaled Plus
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	Round 1	Round 2	Round 3
40 Line Burpees	40	280	520
40 Farmer Step-Back Lunges	80	320	560
40 Line Burpees	120	360	600
40 Racked Step-Back Lunges	160	400	640
40 Line Burpees	200	440	680
40 Regional Step-Back Lunges	240	480	720



Total Reps

Film the dumbbells so the loads can be seen clearly. Videos must be uncut and unedited to accurately display the performance. Your clock or timer must be visible throughout the workout. Shoot the video so all exercises can be seen clearly meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected.

RX : All 4 athletes completed the workout as prescribed

Scaled: All 4 athletes completed the workout to the scaled prescription

Scaled Plus: All 4 athletes complete the workout to the scaled plus prescription

Mixed Level: Lowest level athlete determines category

