

WORKOUT #2

15:00 MINUTE TIME CAP

(BUY IN)

400M MED BALL RUN

RX: 20/14 SC: 14/10

90 THRUSTERS

RX: 95/75 SC: 75/55

2 REP MAX LIFT

PARTNER A BENCH PRESS

PARTNER B PUSH PRESS

PARTNER C FRONT SQUAT

SCORE WILL BE TOTAL WEIGHT COMBINED

On 3, 2, 1 Go, teams will complete a 400M run while carrying a med ball. Teams can rotate as needed. Teams will then complete 90 thrusters. With remaining time, teams will find a 2 rep max on bench press, push press and front squat. **Only one team member per lift.**

STANDARDS FOR MOVEMENTS

THRUSTERS – This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.

BENCH PRESS – Barbell must touch the chest and be pressed to full elbow extension. Both feet must remain planted on the platform during the lift.

PUSH PRESS – The barbell starts in a front rack position on the shoulders; you are allowed to make a dip and drive, but **NO JERK**. The rep counts when hips, knees and arms are fully extended in the overhead position.

FRONT SQUAT – The barbell starts in the front rack position on the shoulders. At the bottom, the hip crease must pass below the height of the kneecap. At the top, the knees and the hips must be completely open with the barbell in control.

For both push press and front squat, team members are allowed to assist in getting the barbell into the front rack position.