



# WEEK 2 - QUALIFIER WORKOUT 2

6.14.17 7 PM CDT - 6.19.17 7 PM CDT

ATHLETE NAME:

COMMUNITY NAME:

**6 MINUTE AMRAP**

6 Deadlifts

6 bar facing burpees

ROUND	DEADLIFTS	BAR FACING BURPEES
1	6	12
2	18	24
3	30	36
4	42	48
5	54	60
6	66	72
7	78	84
8	90	96
9	102	108
10	114	120

ROUND	DEADLIFTS	BAR FACING BURPEES
11	126	132
12	138	144
13	150	156
14	162	168
15	174	180
16	186	192
17	198	204

**TOTAL REPS**

ASRX

SCALED



## ALL DIVISIONS

### ASRX (AGES 19-44)

6 MINUTE AMRAP

6 deadlifts

6 bar facing burpees (225/155)

### TEEN (AGES 14-18), MASTERS (AGES 45-54)

6 MINUTE AMRAP

6 deadlifts

6 bar facing burpees (205/135)

### MASTERS (AGES 55+)

6 MINUTE AMRAP

6 deadlifts

6 bar facing burpees (185/125)

### SCALED (AGES 19-44)

6 MINUTE AMRAP

6 deadlifts

6 bar facing burpees (165/115)

### SCALED TEEN (AGES 14-18), SCALED MASTERS (AGES 45-54)

6 MINUTE AMRAP

6 deadlifts

6 bar facing burpees (145/100)

### SCALED MASTERS (AGES 55+)

6 MINUTE AMRAP

6 deadlifts

6 bar facing burpees (135/95)

Presented By:





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### EQUIPMENT

To complete this workout you will need:

- One barbell
- Collars
- Plates

### NOTES

This workout begins with the barbell on the floor and the athlete standing tall. At the call of “3, 2, 1 ... go, the athlete will perform 6 deadlifts, then move to the floor and complete 6 bar facing burpees, the athlete will then move back to the barbell and begin another round.

Sumo deadlifts are **NOT ALLOWED**. Dropping the barbell after the completion of the repetition is permitted. Hitching is permitted, as long as full extension of the knees and hips is eventually reached. If standard-sized bumper plates are not used on the deadlift barbell, or your division allows for an empty barbell, a separate barbell loaded with standard bumper plates must be set up for the athlete to jump over during the burpees. Scaled Masters will be permitted to jump over an empty barbell on the burpees. Deliberate bouncing or increased speed on the descent of the barbell is **NOT ALLOWED**.

### VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell that will be used so that the loads can be clearly seen. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch, or a WOD clock will need to be visible through the entire workout. Video should be shot from a side angle so squat depth, overhead lockout, and burpee contact is clear on each rep.

Please be sure you have enough battery life, memory and time to upload your video. You may need to [increase your limit on YouTube](#) in order to allow a longer video.

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### – MOVEMENT STANDARDS –



#### DEADLIFTS

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are **NOT ALLOWED**. Starting at the floor, the barbell is lifted until the hips and knees reach full extension with the shoulders open and behind the bar. Any hand position is allowed, but the arms must be straight throughout. Deliberate bouncing or increased speed on the descent of the barbell is **NOT ALLOWED**. Dropping the barbell after the completion of the repetition is permitted. Hitching is permitted, as long as full extension of the knees and hips is eventually reached.



#### BAR FACING BURPEE

Each burpee must be performed perpendicular to and facing the barbell. The athlete must jump over the barbell with a two foot takeoff (*step overs for scaled athletes*). The rep is counted when the athlete completes the jump. The next rep will then begin on the landing side facing the barbell.

The head **CANNOT** be over the barbell and the chest and thighs **MUST TOUCH THE GROUND** at the bottom of the repetition. Failure to make contact with the floor will result in a **NO REP**. Any repetitions completed with the body parallel to or diagonal to the barbell will **NOT BE COUNTED**.

Presented By:

