

EVENT 2



CLASSIC FINAL TEAMS

"GUARDIANS OF THE GALAXY"

2 rounds for time

45 handstand push-ups

15 squat snatch 85/60^{kg}

45 toes to bar

30 clean & jerk 85/60^{kg}

first round FF - second round MM

TC 16 minutes

DIVISION SCALING WEIGHTS AND MEASUREMENTS

RX & Intermediate

All movements as prescribed.

NOTES

This workout begins with the athletes standing at the starting mat. After the call of "3,2,1 ... go," the FF pair starts on the chipper by moving to the wall and performing 45 handstand push-ups, then 15 squat snatches with a barbell, to the pull-up bar for 45 toes to bar and back to the barbell for 30 clean & jerks. All these repetitions are shared workload divided by the pair anyhow. Upon completion of the last clean & jerk the FF pair needs to TAG the MM pair to allow them onto the field. The MM pair then starts on the same chipper, but executes with different weights. Upon completion of the last clean & jerk for the MM pair the female pair rejoins the male pair and they finish together. The team's score is the time upon completion of all repetitions and reaching the finish line.

VIEWING REMARKS

The starting mat is located close to the rig. For the handstand push-ups, a wall is used in the rig. For the toes to bar the pull-up bar in the rig is used. For the barbell movements there is a fixed FF spot for the 2x15 repetitions and a fixed MM spot for the 2x15 repetitions. For the duration of the female pair's chipper, the male pair remains on the starting mat. Once the female athletes complete their chipper they tag the MM pair which allows them onto the field. The FF pair remains on the starting mat until the MM pair completes their portion of the workout. If the MM pair completes the chipper they are rejoined with the two females and together move to the finish.