



## Individual Week 2 Event 2 Scorecard | All Divisions

**Scores Due: Monday, 11/16/2020 at 7pm CST**

**For Time: 16:00 CAP**

**10-15-20-25**

**Deadlift**

**Handstand Pushup**

**Pistol**

All workout variations can be found in the workout description on the next page.

	<b>Deadlift</b>	<b>Handstand Push up/ Hand Release Push up</b>	<b>One-Legged Squat/Step up</b>	
<b>Round 1</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>30</b>
<b>Round 2</b>	<b>15</b>	<b>15</b>	<b>15</b>	<b>75</b>
<b>Round 3</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>135</b>
<b>Round 4</b>	<b>25</b>	<b>25</b>	<b>25</b>	<b>210</b>

<b>Time or Reps Completed:</b>	
<b>Rx or Scaled?</b>	
<b>Athlete Name (please print):</b>	
<b>Athlete Signature:</b>	
<b>Judge Name (please print):</b>	

## Week 2 Event 2 | Workout Variations

**18-34, 35-39, 40-44**

### **Rx**

For Time: 16:00 CAP

10-15-20-25

Deadlift

Handstand Push up

One-Legged Squat, Alternating

Deadlift Weights:

Round 1 (10 Reps): 185/125#

Round 2 (15 Reps): 225/155#

Round 3 (20 Reps): 275/185#

Round 4 (25 Reps): 315/215#

**18-34, 35-39, 40-44**

### **Scaled**

For Time: 16:00 CAP

10-15-20-25

Deadlift

Hand Release Push up

Med Ball Step up

Deadlift Weights:

Round 1 (10 Reps): 135/85#

Round 2 (15 Reps): 185/125#

Round 3 (20 Reps): 225/155#

Round 4 (25 Reps): 275/185#

Med Ball Step up: 20/14# Med Ball, 24/20" Box

## Week 2 Event 2 | Workout Variations, Continued

**14-17, 45-49, 50-54**

### **Rx**

For Time: 16:00 CAP

10-15-20-25

Deadlift

Handstand Push up (1 AbMat allowed)

One-Legged Squat, Alternating

Deadlift Weights:

Round 1 (10 Reps): 135/85#

Round 2 (15 Reps): 185/125#

Round 3 (20 Reps): 225/155#

Round 4 (25 Reps): 275/185#

**14-17, 45-49, 50-54**

### **Scaled**

For Time: 16:00 CAP

10-15-20-25

Deadlift

Hand Release Push up

Med Ball Step up

Deadlift Weights:

Round 1 (10 Reps): 95/65#

Round 2 (15 Reps): 135/85#

Round 3 (20 Reps): 185/125#

Round 4 (25 Reps): 225/155#

Med Ball Step up: 20/14# Med Ball, 24/20" Box

## Week 2 Event 2 | Workout Variations, Continued

**55-59, 60+**

**Rx**

For Time: 16:00 CAP

10-15-20-25

Deadlift

Hand Release Push up

Med Ball Step up

Deadlift Weights:

Round 1 (10 Reps): 135/85#

Round 2 (15 Reps): 185/125#

Round 3 (20 Reps): 225/155#

Round 4 (25 Reps): 275/185#

Med Ball Step up: 20/14# Med Ball, 24/20" Box

**55-59, 60+**

**Scaled**

For Time: 16:00 CAP

10-15-20-25

Deadlift

Hand Release Push up

Box Step up, 20/16"

Deadlift Weights:

Round 1 (10 Reps): 95/65#

Round 2 (15 Reps): 135/85#

Round 3 (20 Reps): 185/125#

Round 4 (25 Reps): 225/155#

## Notes

This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1.. go," the athlete may begin performing deadlifts

The athlete must use only one bar. The athlete must use clips. The athlete must change their own plates.

The athlete's score will be the time recorded after the last one-legged squat or step ups is completed. If the athlete has not completed all the required repetitions within the time cap, the athlete's score will be the total number of reps completed.

There is no tiebreak for this workout.

## Video Submission Requirements

Clearly state your name or team name at the beginning of the video.

Film the plates, medicine ball (if applicable) and barbell so the loads can be seen clearly, and show the height of the box with a tape measure.

Videos must be uncut and unedited to accurately display the performance.

A 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.

## Movement Standards

### Deadlift

Start every rep of the deadlift with the barbell on the ground. Hands must be outside the knees. Sumo deadlifts are not allowed. Arms must be straight throughout. No bouncing.

The rep is credited when the hips and knees reach full extension and the head and shoulders are behind the bar.

### Handstand Push-up

Before starting, athletes will need to create a box measuring 36 inches wide and 24 inches deep marked on the floor in front of the wall where handstand push-ups will be performed. Fingers may cross the line, but the palm of the hand can not cross the line.

At the bottom, the head must make contact with the ground. If the head and hands are on different surfaces, the surfaces must be level (i.e., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates). The feet do not need to remain in contact with the wall for the duration of the movement, but heels must touch the wall at the beginning and end of each rep. Kipping or strict handstand push ups is allowed.

Begin the handstand push-up with arms locked out, heels in contact with the wall, hips open, and body in line with the arms. Only the heels may be touching the wall at the start and finish of each rep. The rep is credited upon returning to the starting position.

In the 14-17, 45-49, and 50-54 Rx version of the workout, athletes are permitted to use one (1) AbMat under their head.

### **Hand Release Push up**

Scaled athletes and Masters 55-59 and 60+ may perform hand-release push-ups instead of handstand push ups. Elbows must be locked out with the feet no wider than shoulder width. A straight body position must be maintained throughout the push-up. No snaking, sagging, or pushing up from the knees.

### **Single-Leg Squat**

At the start and finish of each rep, the hips and knee of the working leg are extended. The non-working leg must remain in front of the body (cannot pass beyond profile). Holding on to the non-working leg is permitted. Holding on to a weight or using any kind of assistance for pistols is not allowed.

At the bottom, the hip crease must pass below the top of the knee on the working leg. If any part of the body other than the support foot touches the floor before lockout, the rep will not count. Must alternate legs after every successful rep. Must complete a successful rep on one side before alternating. Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted.

### **Medicine-Ball Step Up/Step Up**

Scaled and Masters 55+ divisions may use a medicine-ball step-up in place of single-leg squats. The ball can be held in any manner, but may not make contact with the legs. The athlete must touch both feet to the top of the box and open both hips at the top. Masters 55+ Scaled will perform unweighted step ups without a medicine ball. There is no requirement to alternate legs.