



WORKOUT 18.2 DESCRIPTION



17:00 PT, THURSDAY, AUGUST 16, THROUGH 17:00 PT, MONDAY, AUGUST 20

Workout and workout variations

Lion	Leopard	Cheetah
21-15-9 (20 min time cap): Calories on rower Burpee box jump overs Power snatches	21-15-9 (20 min time cap): Calories on rower Box jump (or step) overs Power snatches	21-15-9 (20 min time cap): Calories on rower Box jump (or step) overs Power snatches
Male weights	Male weights	Male weights
13-14: 65lbs. (30KG) barbell 20" box 15-16: 80lbs. (35KG) barbell 24" box 17-18: 90lbs. (40KG) barbell 24" box	13-14: 45lbs. (20KG) barbell 20" box 15-16: 55lbs. (25KG) barbell 20" box 17-18: 65lbs. (30KG) barbell 24" box	13-14: 20lbs. (8KG) barbell 20" box 15-16: 35lbs. (15KG) barbell 20" box 17-18: 45lbs. (20KG) barbell 20" box
Female weights	Female weights	Female weights
13-14: 55lbs. (25KG) barbell 20" box 15-16: 65lbs. (30KG) barbell 20" box 17-18: 80lbs. (35KG) barbell 20" box	13-14: 35lbs. (15KG) barbell 20" box 15-16: 45lbs. (20KG) barbell 20" box 17-18: 55lbs. (25KG) barbell 20" box	13-14: 20lbs. (8KG) barbell 20" box 15-16: 20lbs. (8KG) barbell 20" box 17-18: 35lbs. (15KG) barbell 20" box



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Movement Standards

Workout 2 of the teenage worldwide championships 2018 is 21, 15, 9 calories on the rower, burpee box jump overs, and power snatches.

The monitor on the rower must be set to zero at the beginning of each row. At the call of 3, 2, 1, go, the athlete may reach forward and begin rowing, and the athlete must remain seated on the rower until the monitor reads the set amount of calories.

The athlete then moves onto the burpee box jump overs, where they must begin each rep with his or her chest and thighs on the ground. The rep is complete once the athlete has jumped over the box. A two foot take off is only required for Lion divisions. Only the feet may touch the box. The athlete may jump directly over the box, but their feet may not go around the side of the box.

Leopard and cheetah divisions may step up, however, both feet must touch the top of the box.

Each power snatch begins with the bar on the ground and ends with the bar over or behind the middle of the body. The bar must be lifted in one motion. The rep is complete once the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or behind the middle of the athlete's body. If dropped, the barbell must settle before being picked up again. No bouncing is permitted.

The athlete's score is the time at which he or she complete's all the work OR the total amount of reps accumulated within the 20 minute time cap.

Video Submission Standards

Prior to starting, film all equipment to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

Equipment

- Barbell
- Concept 2 rower (or another rower that counts calories in a similar way)
- Box



WORKOUT 18.2 SCORECARD (ALL)



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Lion	Leopard	Cheetah
21-15-9 (20 min time cap):	21-15-9 (20 min time cap):	21-15-9 (20 min time cap):
Calories on rower Burpee box jump overs Power snatches	Calories on rower Box jump (or step) overs Power snatches	Calories on rower Box jump (or step) overs Power snatches

Reps	Calories on Rower	Burpee Box Jump Overs	Power Snatches
21	21	42	63
15	78	93	108
9	117	126	135

ATHLETE NAME _____ TOTAL SCORE _____
Print

☐ Lion ☐ Leopard

AFFILIATE _____ JUDGE NAME _____
Name of affiliate Print Initial

☐ Cheetah

I confirm the information above accurately represents my performance for the _____
workout. Athlete signature Date

Affiliate copy

Athlete copy

ATHLETE NAME _____ TOTAL SCORE _____
Print

☐ Lion ☐ Leopard

AFFILIATE _____ JUDGE NAME _____
Name of affiliate Print Initial

☐ Cheetah