



# **QUALIFIER WORKOUT 2 – NEED FOR SPEED**

For Time (Time Cap 12 min)

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## ELITE/RX/ADVANCED

**BUY IN:  
50 CAL ROW**

**THEN:  
10 SYNC T2B  
10 SYNC POWER SNATCH 50/35 KG  
30 DOUBLE UNDERS EACH**

**10 SYNC T2B  
10 SYNC POWER SNATCH 50/35 KG  
20 DOUBLE UNDERS EACH**

**10 SYNC T2B  
10 SYNC POWER SNATCH 50/35 KG  
10 CROSSOVERS EACH**

## SCALED/ JUNIORS

**BUY IN:  
50 CAL ROW**

**THEN:  
20 SYNC KNEE RAISES  
10 SYNC POWER SNATCH 40/25 KG  
75 SINGLE UNDERS EACH**

**20 SYNC KNEE RAISES  
10 SYNC POWER SNATCH 40/25 KG  
50 SINGLE UNDERS EACH**

**20 SYNC KNEE RAISES  
10 SYNC POWER SNATCH 40/25 KG  
25 SINGLE UNDERS EACH**

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*For this workout, use a running clock from 0 to 12 minutes. The Athletes start standing in an upright position next to the rower, not touching the rower.*

*At the call of 3,2,1 go, the Athletes may start the work out by completing a total of 50 CAL on the rower. The Athletes may divide the amount themselves, as long as both Athletes will take at least 1 turn. In mixed teams, women begin.*

*Next, the Athletes will complete 3 rounds of a SYNC T2B – SYNC POWER SNATCH – DOUBLE UNDER complex. The last round will be CROSSOVERS. Scaled/Junior Athletes will perform SYN KNEE RAISES and SINGLE UNDERS. The SU/DU/CO may be performed at the same time.*

***Score 2** is the time to complete the workout or the number of reps in the 12 min time period.*

*Score uploads need to be finalized before March 25 23:59H in Competition Corner. From your profile you can appoint a judge to become your validator. He/she needs to validate your score and has until March 25 23:59H to do so. We recommend this to be for instance the coach from your own box.*

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## CAL ROW

*Athletes must use a Concept2 rower. The monitor on the rower must be set to zero at the beginning of the row. The Athlete will start standing next to the rower until after the call of “3, 2, 1 ... go.” The Athlete must stay seated on the rower with their hands on the paddle until the monitor reads 50 calories. Athletes must switch minimum 1 time.*

## SYNC TOES 2 BAR

*A rep begins with both Athletes at a full hang and ends with the toes of both Athletes touching the bar. Both feet from both Athletes must touch the bar at the same time, inside the hands for a successful rep. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the vertical plane of the bar.*

## SYNC KNEE RAISES

*In the hanging knee raise the athlete must go from a full hang to having the knees break the horizontal plane of the hips. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. Both knees must come break the horizontal plane of the hips at the same time, inside the width of the body. The synchronized portion is counted when both athletes break the plane of the hips at the same time.*

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## SYNC POWER SNATCH

*In the Sync Snatch, the barbells go directly from the ground to overhead in one motion without stopping at the shoulders. A clean and jerk is not permitted. Squat Snatches are allowed, as long as they are in sync. For the Sync Power Snatch to count, both athletes must have the barbell overhead at the same time.*

## DOUBLE/SINGLE UNDERS

*The rope passes under the feet twice for each jump. For scaled divisions, the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts. Two foot take-off.*

## CROSSOVERS

*The rope passes under the feet once for each jump. A two-foot take off and landing is required (no speed-steps). A rep will be counted every time there is a change from hands crossed to hands uncrossed, or vice versa, AND the rope successfully passes under the feet.*

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## GENERAL RULES

- *In mixed teams, women begin*
- *Tape/ grips/ wraps are allowed*
- *Straps are not allowed*
- *Each athlete may use 1 bar. (20 kg for men, 15 kg for women)*
- *Athletes may help each other. No other help is allowed.*
- *Safety first. Clips on all bars*
- *Questions? Send us an email at [info@arenathrowdown.com](mailto:info@arenathrowdown.com)*