



WOD - 2

ML 19.2

STANDARDS

VARIATIONS

HERO 35-49

M 24' F 20'
M 50kg F 35kg
T2B

HERO 50-59

M 24' F 20'
M 50kg F 35kg
T2B

HERO 60+

M 24' F 20'
M 45kg F 30kg
T2B

WARRIOR 35-49

M 24' F 20'
M 45kg F 30kg
T2B

WARRIOR 50-59

M 24' F 20'
M 40kg F 25kg
T2B

WARRIOR 60+

M 24' F 20'
M 35kg F 20kg
KNEE RAISES
STEP UPS

SOLDIER 35-49

M 24' F 20'
M 40kg F 25kg
KNEE RAISES
STEP UPS

SOLDIER 50-59

M 24' F 20'
M 35kg F 20kg
KNEE RAISES
STEP UPS

SOLDIER 60+

M 24' F 20'
M 30kg F 15kg
KNEE RAISES
STEP UPS

NOTES

This workout begins with the athlete standing at the box.

At 3,2,1, go the athlete will complete 15 Box Jumps or step ups as per their division/category.

The athlete will then move to the Barbell and complete 12 Push Press.

Once they have completed the Push Press, the athlete will then move to the Pull Up bar where they will complete 9 Toes to Bar or Leg raises as per their division/category.

There is a TIE BREAK at the end of the 2nd round.

The athlete's score for ML 19.2 will be the time taken to complete the 5 rounds.

EQUIPMENT

- Box at appropriate height for division & category
- Barbell loaded with appropriate weight for division & category
- Pull Up Bar

MOVEMENT STANDARDS

BOX JUMPS

Every rep must begin with both feet on the floor. With a two foot jump and land at the same time, the rep finishes with the hips and knees fully open while in control on top of the box. The athlete may step down.

STEP UPS

Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box. Both feet start on the ground and both feet end on the box in control.

PUSH PRESS

Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. The elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. Using a rack is not permitted. **A strict press, push jerk and split jerk is a no rep.**

TOES TO BAR

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar at the same time. At the start of each rep, the arms must be fully extended with the feet off the ground. The feet must be brought back behind the bar and the rest of the body.

KNEE RAISES

The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body. At the top of the repetition, the athlete must raise the knees above the height of the hips.



WOD - 2

ML 19.2

SCORECARD

WORKOUT ML 19.2

5 ROUNDS OF

15 BOX JUMPS

12 PUSH PRESS

9 TOES TO BAR

VARIATIONS

HERO

35-49	50-59	60+
M 24' F 20'	M 24' F 20'	M 24' F 20'
M 50kg F 35kg	M 50kg F 35kg	M 45kg F 30kg
T2B	T2B	T2B

WARRIOR

35-49	50-59	60+
M 24' F 20'	M 24' F 20'	M 24' F 20'
M 45kg F 30kg	M 40kg F 25kg	M 35kg F 20kg
T2B	T2B	KNEE RAISES STEP UPS

SOLDIER

35-49	50-59	60+
M 24' F 20'	M 24' F 20'	M 24' F 20'
M 40kg F 25kg	M 35kg F 20kg	M 30kg F 15kg
KNEE RAISES	KNEE RAISES	KNEE RAISES
STEP UPS	STEP UPS	STEP UPS

ROUND	15 BOX JUMPS	12 PUSH PRESS	9 T2B
1	15	27	36
2	51	63	72
TIE BREAK TIME:			
3	87	99	108
4	123	135	144
5	159	171	180
TIME:			

ATHLETE NAME _____

TIME _____ TIEBREAK _____

35-39 40-44 45-49 50-54 55-59 60-69 70+

HERO WARRIOR SOLDIER

STATE _____

JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT 19.2

SIGNATURE DATE

ATHLETE NAME _____

TIME _____ TIE BREAK _____

35-39 40-44 45-49 50-54 55-59 60-69 70+

HERO WARRIOR SOLDIER

STATE _____

JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT 19.2

SIGNATURE DATE