



# WOD - 2

## ML 20.2

### STANDARDS

#### EQUIPMENT

- Pull Up Bar
- Barbell
- Standard bumper plates - appropriate weights for your division
- Collars

#### NOTES

This workout begins with the barbell on the floor and the athlete standing tall at the pull up bar. At the call of "3, 2, 1 ... go," the athlete will perform 15 T2B, then 15 deadlifts and 15 bar facing burpees, jumping over the barbell for each rep of the burpees. They will then perform 12 of each, then 9 of each, etc, until the last round of 15 of each.

This workout ends when the feet land on the other side of the bar on the final rep.

Your score will be the time it takes to complete all repetitions.

There is a **TIE BREAK TIME** at the completion of the 15 Bar facing Burpees on the first round.

#### VARIATIONS

**HERO 35-49**  
**M 100KG/F 65KG**  
**T2B**

**WARRIOR 35-49**  
**M 85KG/F 55KG**  
**T2B**

**SOLDIER 35-49**  
**M 70KG/F 45KG**  
**KNEE RAISES**  
**STEP UP &**  
**STEP OVER**

**HERO 50-59**  
**M 85KG/F 55KG**  
**T2B**

**WARRIOR 50-59**  
**M 70KG/F 45KG**  
**T2B**

**SOLDIER 50-59**  
**M 55KG/F 35KG**  
**KNEE RAISES**  
**STEP UP &**  
**STEP OVER**

**HERO 60+**  
**M 70KG/F 45KG**  
**T2B**  
**STEP UP &**  
**STEP OVER**

**WARRIOR 60+**  
**M 55KG/F 35KG**  
**KNEE RAISES**  
**STEP UP &**  
**STEP OVER**

**SOLDIER 60+**  
**M 40KG/F 25KG**  
**KNEE RAISES**  
**STEP UP &**  
**STEP OVER**

#### MOVEMENT STANDARDS

##### 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 – SOLDIER /WARRIOR 60+

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.

##### DEADLIFTS

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.

Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. No bouncing.

##### BAR FACING BURPEES

The burpee must be performed perpendicular to and facing the barbell.

The athlete will jump the feet back so that he or she is lying on the ground.

The chest and thighs touch the ground at the bottom. The athlete must jump over the barbell from both feet and land on both feet. Single-legged jumping or stepping over is not permitted (see standards for divisions excluded). The barbell must be loaded with standard-height bumper plates for the athlete to jump over. The rep ends when the athlete lands on both feet on the opposite side of the barbell. Before starting the next rep, the athlete must again be facing the barbell.



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### SCORECARD

WORKOUT  
ML 20.2

FOR TIME

15-12-9-12-15 REPS OF

TOES TO BAR

DEADLIFTS

BAR FACING BURPEES

SEE THE STANDARDS FOR VARIATIONS FOR DIVISIONS/CATEGORIES

REPS	15	12	9	12	15
T2B					
DEADLIFTS					
BAR FACING BURPEES					
TIE BREAK TIME:					
TIME:					

ATHLETE NAME \_\_\_\_\_

TIME \_\_\_\_\_ TIE BREAK \_\_\_\_\_

35-39 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60+ ☐ HERO ☐ WARRIOR ☐ SOLDIER ☐

STATE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT 20.2.

SIGNATURE

DATE

ATHLETE NAME \_\_\_\_\_

TIME \_\_\_\_\_ TIE BREAK \_\_\_\_\_

35-39 ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60+ ☐ HERO ☐ WARRIOR ☐ SOLDIER ☐

STATE \_\_\_\_\_

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