

WOD 2 – FUSION

For time: (in a 9 min Time Cap)

Part A

50 Double Unders
1 Complex (see below)
60 Double Unders
1 Complex
70 Double Unders
1 Complex

Complex: 3 Hang Power Snatch + 2 Overhead Squats + 1 Snatch (at increasing weights – see below)

**Part B: In the remaining time:
1RM Snatch**

Tiebreak: At the end of the final rep of each complex, when the snatch has been completed, the time should be marked. So, there will be three tie break times recorded, end of first complex, end of second complex and end of third and final complex.

WEIGHTS & VARIATIONS

All age groups and divisions will perform the same workout as detailed above. All scaled athletes will perform skips instead of double unders. Please see below Movement Standards for prescribed weights.

WORKOUT DESCRIPTION

This workout is for time, with a 9-minute time cap. The athlete starts standing tall with the rope in hand. On the call of “3,2,1, go”... the athlete begins the set of 50 double unders. The athlete then performs the complex of 3 Hang Power Snatch, 2 Overhead Squats and 1 Snatch to complete the ‘first round’ and a tie break time is recorded. **The complex must be performed unbroken.** The athlete then completes 60 double unders into 1 round of the complex at an increased weight, after which a second tie break time is recorded. The athlete then continues with 70 double unders into the final round of the complex at an increased weight. The final tie break time is recorded. The athlete may receive assistance from other people to unload and reload the barbell between lifts.



This portion of the workout is over when the athlete has the barbell fully locked out overhead and has stood up the final snatch in the complex, or when the clock reaches 9 minutes.

If the athlete completes all of Part A before the 9-minute time cap, they will use the remaining time to complete a 1-rep-max Snatch (Part B). The athlete may complete as many attempts as they like until the time cap is reached but will only receive credit for the heaviest lift. The athlete may receive assistance to load the barbell between lifts.

Only ONE barbell may be used throughout this workout.

The snatch must be completed before the 9-min mark for the weight of that lift to count.

If the barbell is put down or dropped during any part of the complex, the athlete must start that complex again, from the beginning.

SCORING

The athlete's score will be the total time it takes to complete all rounds in Part A or the number of reps completed at the end of 9 minutes.

One rep = one whole complex e.g. if you just complete the 50 DUs and 1 complex at the first weight, your score is 51 reps. You record this as Time Cap + completed reps.

The athletes score for the 1-rep-max will be the heaviest weight successfully lifted.

EQUIPMENT LIST

- Standard 20/15kg (45/35lb) Barbell.
- Standard bumper plates (18-inch diameter) to load to the appropriate weights for your division - see weight chart in movement standards.
- Collars to secure the plates on the barbell.
- Jump rope.
- Check the floor plan for set up.



MOVEMENT STANDARDS

Rx Barbell Complex	Round 1 Complex		Round 2 Complex		Round 3 Complex	
	Kg	Lbs	Kg	Lbs	Kg	Lbs
Female 13-15	25	55	35	77	40	90
Male 13-15	35	77	45	100	50	110
Female 16-54	30	65	40	90	50	110
Male 16-54	42.5	95	60	132	70	154
Female 55-64	25	55	35	77	40	90
Male 55-64	35	77	45	100	50	110
Female 65+	25	55	35	77	40	90
Male 56+	35	77	45	100	50	110

Scaled Barbell Complex	Round 1 Complex		Round 2 Complex		Round 3 Complex	
	Kg	Lbs	Kg	Lbs	Kg	Lbs
Female 12-16	15	35	20	45	25	55
Male 12-16	25	55	30	65	35	77
Female 30-54	20	45	25	55	30	65
Male 30-54	30	65	35	77	40	90
Female 55+	15	35	20	45	25	55
Male 55+	25	55	30	65	35	77

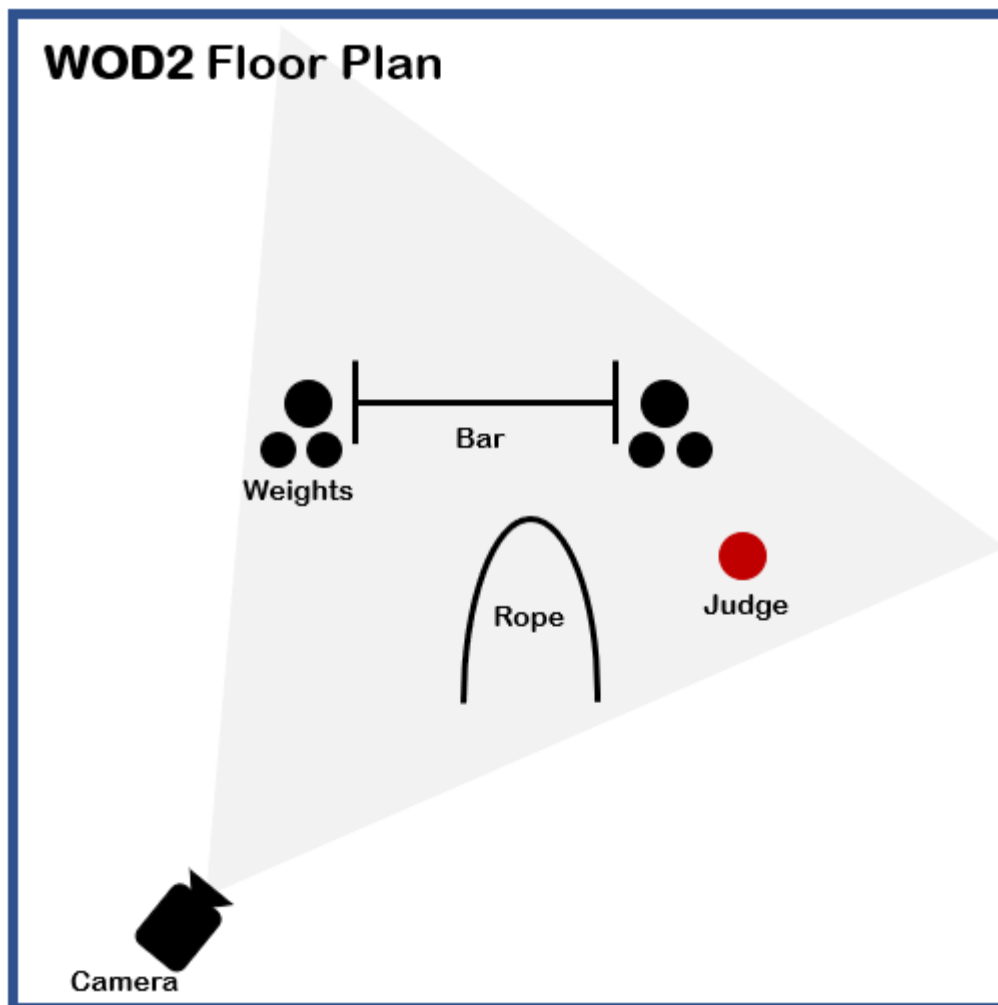
Movement	
Double Unders	<ul style="list-style-type: none"> • This is the standard double-under in which the rope passes completely under the feet twice for each jump. • The rope must spin forward for the rep to count.
Hang Power Snatch	<ul style="list-style-type: none"> • This movement begins with the athlete deadlifting the barbell, before moving into the hang position. • The athlete may not lower the bar past the knees after deadlifting the weight. • This is not a ground-to-overhead any way. • The barbell must be received in the overhead position. • A squat snatch is not allowed. The bar must be received above parallel, with the hip crease CLEARLY above the knee. • The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the body. • Only the feet may touch the ground during the lift.
Overhead Squat	<ul style="list-style-type: none"> • Once the Barbell is overhead and in the finish position after the 3rd Hang snatch, the athlete may proceed into

	<p>the 2 overhead squats. The rep begins with the barbell overhead, and the athlete standing tall.</p> <ul style="list-style-type: none"> • The athlete must pass through a full squat with hip crease passing below the top of the knee. • The rep is credited when the barbell comes to full lockout overhead, with the athlete's hips, knees and arms fully extended, and the bar directly over the middle of the body. • The athlete may not rest the bar on their shoulders at any point.
Snatch	<ul style="list-style-type: none"> • The snatch happens immediately after the second overhead squat, with the bar being brought down to the ground in a touch and go fashion to perform the snatch. • Hands must stay on the barbell and the barbell must not rest on the ground. • The snatch begins when the barbell leaves the ground and must be lifted overhead in one motion. Power, squat and split snatches are all permitted, but in each instance, the athlete's feet must be brought back in line, this is not a ground-to-overhead anyway. A clean and jerk is a no rep. • Touch and go is permitted but deliberately bouncing the barbell is not. • Setup position with empty bar / small plates: If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, the snatch must begin with the barbell clearly below the knees. • Barbell overhead position: For a rep to be completed, the barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body with the feet in line.
Single Skips (scaled only)	<ul style="list-style-type: none"> • This is the standard single-under in which the rope passes completely under the feet once for each jump. • The rope must spin forward for the rep to count.

VIDEO STANDARDS

1. At the start of the video: Athlete must state name, division, the three weights they will be attempting for Part A and Clearly show (in-focus) close-up of all weight plates and barbell to be used.
2. Have all equipment, athlete and judge within frame from start to finish.
3. Set up camera so the whole complex can be viewed from side on.
4. Ensure camera angle allows for all reps to be clearly seen, including overhead lockout
5. Before any 1RM attempts in Part B: the athlete must clearly state the weight (to camera) of the attempted lift.
6. At the end of the workout, ensure you clearly show the weights on both ends of the bar of the last successful lift.
7. Have a judge present at all times.
8. Your judge must be confident enough to no-rep you, if necessary.
9. Clock in screen at all times, ideally use the WOD Proof App, which has our workouts ready for you to use (search BMC/ BTC).

FLOOR PLAN



WOD 2 – FUSION

SCORECARD (Rx'd)

For time: (in a 9 min Time Cap)

Part A: 50 Double Unders

1 Complex (see below)

60 Double Unders

1 Complex

70 Double Unders

1 Complex

Complex: 3 Hang Power Snatch + 2 Overhead Squats + 1 Snatch (at increasing weights)

Part B: In the remaining time:

1RM Snatch

Tiebreak: at the end of each complex, the time should be marked.

50 Double Unders		50
1 Barbell Complex		51
@_____kg	Tiebreak Time:	
60 Double Unders		111
1 Barbell Complex		112
@_____kg	Tiebreak Time:	
70 Double Unders		182
1 Barbell Complex		183
@_____kg		

Time or Reps at 9 minutes:

1 Rep-Max Snatch	
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WOD 2 – FUSION

SCORECARD (Scaled)

For time: (in a 9 min Time Cap)

Part A: 50 Single Unders

1 Complex (see below)

60 Single Unders

1 Complex

70 Single Unders

1 Complex

Complex: 3 Hang Power Snatch + 2 Overhead Squats + 1 Snatch (at increasing weights)

Part B: In the remaining time:

1RM Snatch

Tiebreak: at the end of each complex, the time should be marked.

50 Single Unders		50
1 Barbell Complex		51
@_____kg	Tiebreak Time:	
60 Single Unders		111
1 Barbell Complex		112
@_____kg	Tiebreak Time:	
70 Single Unders		182
1 Barbell Complex		183
@_____kg		

Time or Reps at 9 minutes:

1 Rep-Max Snatch	
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