



# WORKOUT 2: "HEAVY 17.5"

DEADLINE: SEPTEMBER 4TH, 6:00 PM (-6 GMT)

PRESENTED BY:



### WORKOUT #2

10 RFT  
35 Double Unders  
9 Thrusters  
Time cap: 15:00 minutes

### VARIATIONS:

RX:  
Women 85 lbs  
Men 115 lbs

Masters:  
Women 75 lbs  
Men 105 lbs

Scaled:  
Women 65  
Men 95

### PENALTIES:

1 DU = 2 SECONDS  
1 THRUSTER = 4 SECONDS

MORE THEN 10 MISSING REPS  
VOIDS THE RESULT

ROUND	DOUBLE UNDERS	THRUSTERS
1	35	44
2	79	88
3	123	132
4	167	176
5	211	220
6	255	264
7	299	308
8	343	352
9	387	396
10	431	440

Time: \_\_\_\_\_

Division: \_\_\_\_\_

Or reps: \_\_\_\_\_ \_\_ RX \_\_ MASTERS \_\_ SCALED

Athlete: \_\_\_\_\_ Score: \_\_\_\_\_



**Workout Flow:** It is a task for time, with a "time cap" of 15:00 min. At 3, 2, 1... the athlete must complete 10 rounds of 35 Double Unders and 9 Thrusters (the athlete can start the workout with their rope ready at hand). If you finish the task within the time cap, then your "score" is that time. If you cannot complete the task before the 15 minutes then your score is the number of repetitions.

**Double unders:** In each jump the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

**Thrusters:** Each repetition begins with a front squat, The hip crease must pass below the knees. The barbell must come to full lock out overhead with the hips, knees and arms fully extended, and the bar directly over the heels. It's allowed to initiate the movement with a Power Clean, or a Squat Clean. "Jerking" is not allowed, or making a second dip when carrying the weight overhead.

### ATHLETE'S COPY

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Division: \_\_\_\_\_

Athlete: \_\_\_\_\_ Score: \_\_\_\_\_ \_\_ RX \_\_ MASTERS \_\_ SCALED

