



WORKOUT 2 & 3

Thursday, October 9 (7pm EST) - Wednesday, October 15, 2025 (9pm EST)

WORKOUT 2&3

On a 18:30 running clock, complete:

For Time (**Workout 2**)

6x25' Shuttle Run (150' Total Feet)

1-10 Double DB Front Squat (50/35)

(8:00 Cap)

8:00-9:00 Mandatory Rest

9:00-18:30

For Max Reps (**Workout 3**)

5 Intervals

:90 On / :30 Off

6x25' Double DB Farmers Carry (50/35) (150' Total Feet)

Max Rep BMU with Remaining Time

VARIATIONS

PRO/RX / 35-39 / 40-44 / 35+(Team)

Shown (to left)

INT (Team & Indy) / 45-49 / 50-54 / 45+ (Team) / Teen 16-18

DB's - 50/35

Gymnastic Movement - CTB

Novice (Team & Indy) / 55-59 / 60-64 / 65+ / 55+ (Team) /

Teen 13-15

DB's - 35/20

Gymnastic Movement - Pull-Up

EQUIPMENT

- 25' Straight Line Space
- Two Dumbbells (50/35/20)
- Pull-Up Bar

SUBMISSION & RECORDING GUIDELINES

Workout scores must be submitted by 9pm EST on Wednesday, October 15, 2025. Late submissions will not be accepted. Athletes should have a judge present and judging to the written movement and workout standards listed. Athletes without a judge must submit a video recording of their workout. Video recordings are not required upon submission of a workout score, but all athletes who finish in a qualifying position and who do not submit a video may receive an email notification at the conclusion of the qualifier with a request to submit a video for qualification verification purposes. Athletes should use WODProof to record their workout videos. WODProof integrates directly with our scoring software - Competition Corner - allowing athletes to seamlessly upload workout videos.

Team Score Entry: The score will be the sum of both athletes score. The team captain will be required to submit both scores online.

WORKOUT 2 - TEAM SCORE ENTRY NOTE - If an athlete is time capped, he will add one second for every rep not completed in the workout to the 8:00 time cap. For example, if there are 10 reps remaining, the athlete will add 10 seconds to the 8:00 time cap, making his score 8:10.





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WORKOUT FLOW

The Athlete will use an 18:30 clock running up. The athlete will start with both feet behind the 25' line. At the call of 3, 2, 1, go, the athlete will complete six 25-foot shuttle runs. This is equal to 150 total feet / three times going down and back.

Once completed the athlete will complete one double DB front squat. Once completed, the athlete will perform six more 25-foot shuttle runs. Once completed, the athlete will perform two double DB front squats. The athlete will repeat this process, increasing the double DB front squats by one rep until they reach 10 double DB front squats or the clock reaches 8:00. The athlete will end the workout on the double DB front squats.

The Athlete's score for Workout 2 will be the time to complete the workout. If not completed, the athlete will designate that in their score and provide the total reps completed.

The athlete will have a mandatory one minute rest from 8:00 to 9:00. If the athlete completes the workout prior to the 8:00 mark, the athlete must still follow the mandatory rest period from 8:00 to 9:00.

At 9:00, the athlete will start Workout 3.

Prior to the 9:00 mark, the athlete will start with both feet behind the 25-foot line. The dumbbells MUST be on the ground and the athlete may not be holding or touching the dumbbells prior to the start of each :90 interval. Athletes ARE NOT allowed to use gymnastics grips or weightlifting straps to assist the farmers' carry.

At the 9:00 mark the athlete will perform six 25' farmers' carry. This is equal to 150 total feet / three times going down and back.

Once completed the athlete will perform as many reps as possible of the prescribed gymnastics movement for their division. At the end of :90 aka 10:30 on the clock for Interval 1, the athlete will have a mandatory :30 rest. The Athlete will repeat this process 4 more times for a total of 5 intervals.

The Athlete's score for part B is the TOTAL number of GYMNASTICS reps completed for all 5 intervals of the AMRAP.

Interval 1: Work: 9:00 - 10:30 | Rest: 10:30 - 11:00

Interval 2: Work: 11:00 - 12:30 | Rest: 12:30 - 13:00

Interval 3: Work: 13:00 - 14:30 | Rest: 14:30 - 15:00

Interval 4: Work: 15:00 - 16:30 | Rest: 16:30 - 17:00

Interval 5: Work: 17:00 - 18:30 |



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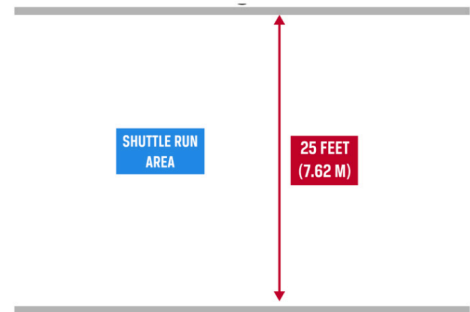


WORKOUT 2 & 3

Thursday, October 9 (7pm EST) - Wednesday, October 15, 2025 (9pm EST)

MOVEMENT STANDARDS:

Shuttle Run: The athlete must place two tape lines on the ground that are 25-feet apart. The 25' measurement will be from inside edge to inside edge of the tape line (see picture). Each rep starts with the athlete's feet clearly behind the start line. At each turnaround, both of the athlete's feet must pass all the way behind the line. One hand must touch the ground over the line before the athlete may return. Touching the line will NOT count. In the event of a no rep, you must return behind the line you started and complete the entire length again. On the final shuttle run, the athlete must simply pass the line to begin their double DB Front Squats.



Double DB Front Squat: Each set of dumbbell front squats begins with dumbbells on the ground. Though not required, the athlete MAY begin any repetition taken from the floor with a squat clean, as long as all other standards are met. The dumbbells must remain at the shoulders. The dumbbells may not touch each other during the squat. A full grip around the handle of the dumbbell is NOT required but the hands must remain in contact with the handles for the rep to count. Resting the head of the dumbbells on the shoulders is allowed. Releasing the grip on the handle and letting the dumbbell rest solely on the shoulder is NOT allowed. The athlete must reach the finish position of a repetition before lowering the dumbbells from the shoulders. The crease of the athlete's hip must be clearly below the top of the knees at the bottom of the squat. The rep is credited when the athlete's hips and knees reach full extension while the dumbbells are supported in the front-rack position.

Farmers Carry: The Athlete will use the SAME 25' lines as your shuttle runs. The athlete will start with both feet behind the 25-foot line. The dumbbells MUST be on the ground and the athlete may not be holding or touching the dumbbells prior to the start of each :90 interval. You may NOT use gymnastics grips or weightlifting straps to assist during the farmers' carry. At the call of go, the rep will begin with both feet behind the line and the DB's off the floor in the hang position. The DB's must be held in the hang position. If the DB's touch the ground between the lines at any time, the rep will not count. In the event of a no rep, you must return behind the line you started and complete the entire length again. Both feet must completely cross the line at the end of each rep. Touching the line will not count.

Pull-Up: The athlete must start each rep with arms fully extended and feet off the ground. The rep is credited when the athlete's chin breaks the horizontal plane of the bar. Strict, kipping or butterfly pull-ups are allowed as long as all requirements are met

Chest-to-Bar-Pull-Up: The athlete must start each rep with their arms fully extended and their feet off the ground. The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone. Strict, kipping or butterfly Chest to Bars are allowed as long as all requirements are met.

Bar Muscle Up: The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted. No portion of the foot may rise above the lowest part of the bar during the kip. The athlete must pass through some portion of a dip before locking out over the bar. The rep is credited when: the athlete's arms are fully locked out in the support position above the bar; and the athlete's shoulders are over or slightly in front of the bar.



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For Time (**Workout 2**)

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(8:00 Cap)

8:00-9:00 Mandatory Rest

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Novice (Team & Indy) / 55-59 / 60-64 / 65+ / 55+

(Team) / Teen 13-15

DB's - 35/20

Gymnastic Movement - Pull-Up

WORKOUT 2 TEAM ONLY SCORE NOTE

If an athlete is time capped, he will add one second for every rep not completed in the workout to the 8:00 time cap. For example, if there are 10 reps remaining, the athlete will add 10 seconds to the 8:00 time cap, making his score 8:10.

Athlete Signature

Judge Signature

6x25' Shuttle Run	6
1 Double DB Front Squat	7
6x25' Shuttle Run	13
2 Double DB Front Squat	15
6x25' Shuttle Run	21
3 Double DB Front Squat	24
6x25' Shuttle Run	30
4 Double DB Front Squat	34
6x25' Shuttle Run	40
5 Double DB Front Squat	45
6x25' Shuttle Run	51
6 Double DB Front Squat	57
6x25' Shuttle Run	63
7 Double DB Front Squat	70
6x25' Shuttle Run	76
8 Double DB Front Squat	84
6x25' Shuttle Run	90
9 Double DB Front Squat	99
6x25' Shuttle Run	105
10 Double DB Front Squat	115

WORKOUT 2 SCORE

TIME TO FINISH	
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DID NOT FINISH BY 8:00
(TOTAL REPS)

TOTAL REPS	
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Interval 1

Work: 9:00-10:30

Rest: 10:30-11:00

Buy In
6x25' Farmers Carry
Max Rep Gymnastics Movement
Total Reps

Interval 2

Work: 11:00-12:30

Rest: 12:30-13:00

Buy In
6x25' Farmers Carry
Max Rep Gymnastics Movement
Total Reps

Interval 3

Work: 13:00-14:30

Rest: 14:30-15:00

Buy In
6x25' Farmers Carry
Max Rep Gymnastics Movement
Total Reps

Interval 4

Work: 15:00-16:30

Rest: 16:30-17:00

Buy In
6x25' Farmers Carry
Max Rep Gymnastics Movement
Total Reps

Interval 5

Work: 17:00-18:30

Buy In
6x25' Farmers Carry
Max Rep Gymnastics Movement
Total Reps

WORKOUT 3

TOTAL GYMNASTICS REPS	
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