

# Workout 2

Teams



Team Name: \_\_\_\_\_

## WORKOUT 2

AMRAP12:

In Pairs

12 Synchro Deadlift

9 Synchro Hang Clean

6 Synchro Shoulder To Overhead

\_\_\_\_\_

Rounds	Reps	Markings/Total

## EQUIPMENT:

Barbell 35/45kg

**Total Rounds & Reps at 12 Minutes** \_\_\_\_\_

Team Captain Name: \_\_\_\_\_

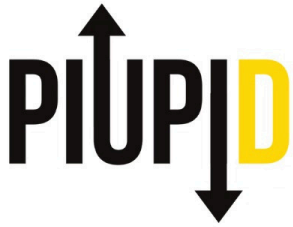
Signed: \_\_\_\_\_

Judges Name: \_\_\_\_\_

Signed: \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this workout.





Presented by



# Workout 2

## Teams

### WORKOUT 2

AMRAP12:

In Pairs

12 Synchro Deadlift  
9 Synchro Hang Clean  
6 Synchro Shoulder To Overhead

---

### EQUIPMENT:

Barbell 35/45kg

- Team will start laying BEHIND the start line, After 3, 2, 1.. GO!
- The first Male & Female pair will then make their way to the barbells and begin their round
- The second pair will remain laying down behind the line
- Once a round is completed the working pair will run back to their team, once the whole team is chest to floor, the next pair can get up and run to the barbell
- Pairs HAVE to alternate each round
- The Deadlift starts with the barbell on the ground and finishes when BOTH athletes are stood up with shoulders behind the bar and WITH knees, Hips both locked out; the synchronicity is at the top of the rep
- Hang Cleans must first be Deadlifted from the floor and can only be dropped to hang after lockout as described in the point above
- Hang Cleans are completed when Both athletes have the bar in the front rack position, if cycling the bar we need to see the elbows clearly be in-front of the bar before bringing the bar back to hang
- Hang Cleans are completed when the bar is in the front rack position and the knees and hips are locked out; the synchronicity is at the top of the rep
- The Shoulder To Overhead can be completed as: a Shoulder Press, a Push Press, a Push Jerk or a Split Jerk
- The Rep is credited when the bar is overhead with elbows, knees and hip locked out: the synchronicity is at the top of the rep
- DROPPING the barbell from overhead is NOT allowed, teams will get a 10 second penalty for this
- There are 27 Reps per round
- Score sheets must be signed by one of the Team

IN SUPPORT OF **KSS**   
**AIR AMBULANCE CHARITY**  
KENT SURREY SUSSEX