

EVENT 2: “ELEVATED SNATCHES”



**WINTER
CLASSIC**

IN ASSOCIATION WITH **CrossFit**

Weekend Warrior Division

For Time: 15 Minute Cap
Work may be split between team members.
No minimum work requirement on any movement.
Athletes must provide their own jump ropes.

120 Single Unders
24 Toes to Bar
40 Dumbbell Snatches 35 LBS (Men) / 20 LBS (Women)

90 Single Unders
18 Toes to Bar
30 Dumbbell Snatches 40 LBS (Men) / 25 LBS (Women)

60 Single Unders
12 Toes to Bar
20 Dumbbell Snatches 45 LBS (Men) / 30 LBS (Women)

30 Single Unders
6 Toes to Bar
10 Dumbbell Snatches 50 LBS (Men) / 35 LBS (Women)

Event Overview

Event 2 begins with both athletes standing under the pullup bar. At the call of “GO” athletes advance to their jump ropes to complete single unders.

Next, athletes return to the rig to begin toes to bar.

Finally, athletes complete dumbbell snatches on the rubber mats. After each set, athletes must move the dumbbell down the floor and place it at the required station signifying the completion of each round. Athletes will move the new dumbbell onto the mat at the start of each succeeding set of snatches. This cycle continues through four rounds of work.

The workout will end once they have placed the last dumbbell at the required station and both athletes have run down the floor and cross the finish line. Time stops when the last athlete on your team crosses the line.