

# EVENT 2: “ELEVATED SNATCHES”



**WINTER  
CLASSIC**

IN ASSOCIATION WITH **CrossFit**

## Everyday Hero 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 Double Unders  
8 Rope Climbs  
40 Dumbbell Snatches 50 LBS (Men) / 35 LBS (Women)

90 Double Unders  
6 Rope Climbs  
30 Dumbbell Snatches 60 LBS (Men) / 40 LBS (Women)

60 Double Unders  
4 Rope Climbs  
20 Dumbbell Snatches 70 LBS (Men) / 45 LBS (Women)

30 Double Unders  
2 Rope Climbs  
10 Dumbbell Snatches 80 LBS (Men) / 50 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 double unders.

Next, athletes return to the rig to begin rope climbs.

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 run down the floor and cross the finish line. Time stops when the last athlete on your team crosses the line.