Workout #2 Scorecard - **Saucy Sombrero**

Team Name:_____

Team Division: RX MALE / RX FEMALE / MIXED RX / SX MALE / SX FEMALE / MIXED SX

For Time:

- ➔ 5 sync deadlifts
- ➔ 10 sync kettlebell thruster (single arm)
- ➔ 15 cal on bike

- ➔ 10 sync deadlifts
- ➔ 20 sync kettlebell thruster
- ➔ 15 cal on bike

- ➔ 15 sync deadlifts
- ➔ 30 sync kettlebell thruster
- ➔ 15 cal on bike

- ➔ 10 sync deadlifts
- ➔ 20 sync kettlebell thruster
- ➔ 15 cal on bike

- ➔ 5 sync deadlifts
- ➔ 10 sync kettlebell thruster
- ➔ 15 cal on bike

- ➔ RX
  - ◆ 225/155, 53/35
- ➔ SX
  - ◆ 155/105, 35/25

- Workout must be completed in order as listed above
- Deadlifts and single arm kettlebell thrusters must be synchronized for all reps
  - *See movement standards*
- Assault bike calories can be split as team seem fit
  - Monitor must be reset each round

- ★ Time Cap - 13 minutes
- ★ SCORE - Time to complete workout or total reps at the end of 13 minutes
  - Tie break time is the time at the end of the 3rd round.

Deadlift	(5)	
Thrusters	(10)	
Bike	(15)	
Deadlift	(10)	
Thrusters	(20)	
Bike	(15)	
Deadlift	(15)	
Thrusters	(30)	
Bike	(15)	TIME:
Deadlift	(10)	
Thrusters	(20)	
Bike	(15)	
Deadlift	(5)	
Thrusters	(10)	
Bike	(15)	

TIME: _____