QUALIFIER / WORKOUT 2

FOR TIME / 10-MINUTE CAP

Complete the 1-2-3-4-5-6-7-8-9-10 ladder of deadlifts and burpees over the bar.

MOVEMENT	WORK
Deadlift	**1 through 10**
Burpee Over the Bar	**1 through 10**

110 TOTAL REPS

PRESCRIBED LOAD

	WOMEN	MEN
Deadlift	**50 kg**	**80 kg**

SCORING & TIEBREAK

Finishers: completion time, lower better. Capped athletes: total valid reps at 10:00, higher better. All finishers rank ahead of capped athletes.

Single tiebreak after the **round of 7 / 56 cumulative reps**, immediately after the 7th burpee. Used only for capped athletes tied on reps when both reached the checkpoint.

OFFICIAL JUDGE SCORECARD

ROUND	DL	BURPEE	ROUND REPS	CUM.	TIME / NOTES
1	1	1	2	2	
2	2	2	4	6	
3	3	3	6	12	
4	4	4	8	20	
5	5	5	10	30	
6	6	6	12	42	
7	**7**	**7**	**14**	**56**	**TB ____:____**
8	8	8	16	72	
9	9	9	18	90	
10	10	10	20	110	

Finished within 10:00?	**YES / NO**
FINISH TIME	**____ : ____**
CAPPED SCORE - TOTAL REPS	_____
ROUND 7 TIEBREAK	**____ : ____**

MOVEMENT STANDARD

DEADLIFT

GOOD REP	NO-REP EXAMPLES
Bar begins on floor. Rep finishes at controlled standing lockout with hips and knees fully extended and shoulders behind or in line with the bar.	Incomplete hip/knee extension; no controlled lockout; beginning next rep before prior rep is complete.

MOVEMENT STANDARD

BURPEE OVER THE BAR

GOOD REP	NO-REP EXAMPLES
Chest and thighs contact the floor at the bottom. Athlete rises and passes over the barbell to complete the repetition.	Chest/thighs do not contact floor; athlete fails to pass over bar; incomplete movement.