

PAIN TO GAIN

WORKOUT #2

4/8/19 8 A.M. – 4/15/19 5 A.M.

(PACIFIC STANDARD TIME)

ATHLETE NAME:

4 ROUNDS FOR TIME

25 WALL BALLS (20/14LBS)(10'/9')

10 DUMBBELL BOX STEP OVERS
(50/35LBS) (24/20)

5 RING MUSCLE UPS

ROUND	25 WB	10 DB BSU	5 RMU
1			
2			**
3			
4			

Equipment

- Wall Ball (20/14 lbs)(10'/9')
- Box (24/20)
- Dumbbells (50lb/35lb)
- Rings

Notes

At the call of "3-2'1 ... go," the athlete will perform 25 wall balls to 10 foot target for men and 9 foot target for women. They will then move onto 10 DB Box Step Ups. Once completed they will move to the ring and perform 5 ring muscle ups. This is a 4 round workout. Every second counts in this workout. Your score will be the time it takes to complete all 160 repetitions.

**RECORD TIME AFTER 2nd SET OF RING MUSCLE UPS AS THIS WILL BE THE TIEBREAK TIME.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the wall ball weight, wall height, each dumbbell weight, box height, and rings. The athlete, equipment, judge, and timer must all be in the video for the duration of the video. Any editing of the videos will be rejected.

Please be sure you have enough battery life, memory and time to upload your video to YouTube in order to allow a longer video.