



SNATCH THE MOUNTAINS Q20.2

AMRAP 15min

A) Max Cal Row

B) 3-6-9-12-15...etc. reps of: Synchro Pull Ups (MF)

Alt. Squat Cleans / Front Rack Hold, 50/35kg (MF)

Alt. DB Snatches / Overhead Hold, 22.5/15kg (MF)

*do 8 Synchro Burpees over Rower after each round (MF)

* On 3-2-1-Go, A & B start at the same time. Team MF1 starts with Part A (Max Cal Row) and Team MF2 starts with Part B (the 3-6-9-12-15...etc.).

* If the team MF2 comes to the Burpees over the rower, the rowing team has to leave the device and can prepare for the Synchro Pull-ups. However, you have to wait until the 8 burpees are completed.

* After the 8 burpees, the Team MF1 has to switch to Part B. The teams changes every round.

* Attention: If you are too slow at the burpees and the display on the rowing machine goes out, the calories start again at "0"!

Max Cal Row

The starting position of the starting athlete is standing behind the rowing machine. With 3-2-1-Go: The athlete may climb the Concept2 Rower. Rowing machines other than Concept 2 are not permitted for the qualification! The settings for the airlock are up to each team. When the 15 minutes have passed, the handle must be switched off and released immediately. The calories on the rowing machine at the time of the sounding clock are noted and recorded with the camera at the end.

Synchro Pull Ups

The starting position of the starting team is standing in front of the pull-up bars. On 3-2-1-Go: The Synchro Pull-ups can be started. Both athletes must stretch their arms and start with the heel behind the pull-up bar. If you want to perform the pull-ups strictly you must have the shoulders, hips and heels in a vertical line before each rep. Both team members are allowed to use different techniques in the execution (Strict, Kipping, Butterfly). To achieve a valid rep, the chin of both athletes must be over the bar at the same time.

Alt. Squat Cleans / Front Rack Hold

One athlete of the MF team starts in the front rack position. The first lift to the front rack is not counting and can be done by choice (any clean). The front rack position has to be in straight posture (heel, hip and shoulder in a vertical line) until the partner is performing a squat clean and wait in the front rack position so the other team member can do the next squat clean. For a squat clean, the weights must touch the floor on both sides. The barbell must be reached under parallel with a squat. A power clean followed by a front squat is allowed.

Alt. Dumbbell Snatches / Overhead Hold

One athlete of the MF team starts in the overhead position. The first lift to the overhead position is not counting and can be done by choice (ground to overhead). The overhead position has to be in the vertical body extension (wrist, shoulder, hip and heel in a vertical line) until the partner is performing a DB Snatch and wait in the overhead position so the other team member can do the next DB Snatch. Both athletes must be in the overhead position at the same time before they change the next rep. **In addition**, the weight must be over the shoulder and not pushed away sideways from the body. Both dumbbell heads must touch the floor, which does not have to be done at the same time. The shoulder should never be touched.

Synchro Burpees over Rower

If the team of Part B comes to the burpees over the rower, the other team of Part A has to leave the rower. Both athletes start on each side from the rowing machine. Both athletes must touch the chest on the floor at the same time. The athletes may jump or walk across the shaft of the rowing machine. The feet may never touch the rowing machine and the shaft must be crossed with both feet. 8 synchro reps to be done after every round. One rep is when both athletes have performed one Burpee and reached the other side of the rower.

**This workout has a time cap of 15 minutes.
The workout score is the total reps and calories row in this 15 minutes.**

Requirements for video submission:

Team Captains are responsible for uploading videos to WeTransfer/YouTube as well as meeting the filming and movement standards. The Team Captain should make sure that the correct link and time is submitted. The workout should start with the athlete saying his/her name, Team name, and showing the equipment used in the workouts. Athletes should be seen in the camera at all times. A judge is required for each workout so the athletes ensure they are meeting movement standards and counting reps correctly. All videos should be combined into one video and uploaded to WeTransfer/YouTube. Please follow the instructions in the email.

The score submission deadline for Q20.2 is March 15th.

From Crossfit Games Competition Rulebook:

Good Video:

The athlete meets the required movement standards on all repetitions in the workout, and the score posted is correct. The score will be accepted.

- Valid With Minor Penalty: Over the course of the video, the athlete demonstrates a small number of “no reps” that result in a faster time or higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made to the athlete’s final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.*

A minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

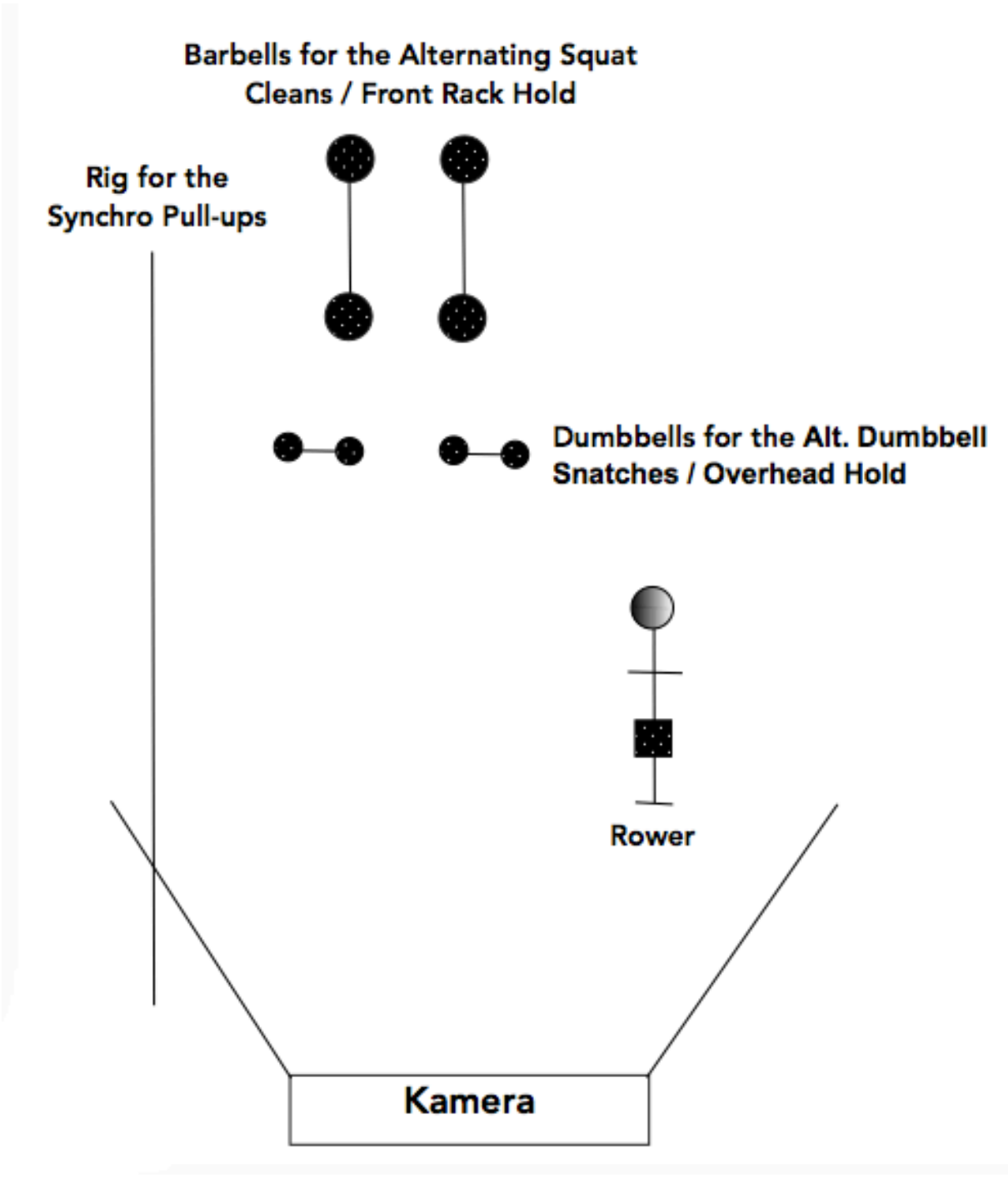
- Valid With Major Penalty: Over the course of the video, the athlete demonstrates a significant number of “no reps” that result in a faster time or higher score for a given workout. In this case, a major penalty will be applied and the score may be modified by subtracting 15 percent from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.*

A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

- Invalid: Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no reps,” or the video does not contain the criteria listed in the video submission standards. The athlete’s score may be rejected, and the video will be removed from the CrossFit Games website. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.

NOTE: A score adjustment occurs when an athlete’s score needs to be modified based on miscounted reps, “no reps,” or a combination of the two. A score adjustment may stand alone or be applied in conjunction with a result from a minor or major penalty as described above.

Example of filming the workout





Scorecard for Q20.2

AMRAP 15min

A) Max Cal Row

B) AMRAP 15min
3-6-9-12-15... etc. of:

Synchro Pull Ups (MF)

Alt. Squat Cleans / Front Rack Hold, 50/35kg (MF)

Alt. DB Snatches / Overhead Hold, 22.5/15kg (MF)

8 Synchro Burpees over Rower (MF)

Round	Synchro Pull-ups	Alt. Squat Cleans / Front Rack Hold	Alt. DB Snatches / OH Hold	8 Synchro Burpees over Rower
3 reps				8 Synchro Burpees 17
6 reps				8 Synchro Burpees 43
9 reps				8 Synchro Burpees 78
12 reps				8 Synchro Burpees 122
15 reps				8 Synchro Burpees 175
18 reps				8 Synchro Burpees 237
21 reps				8 Synchro Burpees 308
24 reps				8 Synchro Burpees 388
27 reps				8 Synchro Burpees 477
30 reps				8 Synchro Burpees 575

Total Reps: _____

Total Calories: _____

Judge: _____