



## WORKOUT 12.2 17:00 PT Wed, Feb 29 through 17:00 PT Sun, Mar 4

Week 2 presented by **GNC**  
LIVE WELL.

**WORKOUT** Proceed through the sequence below completing as many reps as possible in 10 minutes of:

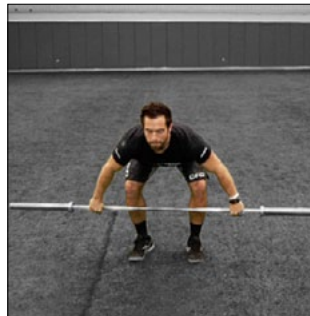
Men <small><i>Includes Masters Men up to 54 years old</i></small>	Women <small><i>Includes Masters Women up to 54 years old</i></small>
75 pound Snatch, 30 reps 135 pound Snatch, 30 reps 165 pound Snatch, 30 reps 210 pound Snatch, as many reps as possible	45 pound Snatch, 30 reps 75 pound Snatch, 30 reps 100 pound Snatch, 30 reps 120 pound Snatch, as many reps as possible
Masters Men <small><i>Includes Masters Men 55+</i></small>	Masters Women <small><i>Includes Masters Women 55+</i></small>
45 pound Snatch, 30 reps 75 pound Snatch, 30 reps 100 pound Snatch, 30 reps 120 pound Snatch, as many reps as possible	35 pound Snatch, 30 reps 55 pound Snatch, 30 reps 75 pound Snatch, 30 reps 90 pound Snatch, as many reps as possible

## MOVEMENT STANDARDS

This workout begins from the standing position with the barbell loaded to the starting weight. In the Snatch, the barbell goes directly from the ground to overhead in one motion without stopping at the shoulders. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch. A clean and jerk is not permitted.



**Setup position with load**  
*The barbell begins on the ground. Touch and go is permitted. No bouncing.*



**Setup position with empty bar**  
*If in a division that begins with an empty barbell, each repetition must begin with the barbell below the knees.*



**Barbell overhead position**  
*The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the heels.*

## EQUIPMENT

To complete this workout you will need:

- One barbell
- Collars
- Plates to load to the appropriate weights for your gender and age group

that it is clear that the barbell is locked out overhead on each rep. For a video submission example click [here](#).

\*[http://od-iphone.crossfit.com/games/iphone/G2012\\_12-2\\_VidDemoPortrait\\_ipod.mov](http://od-iphone.crossfit.com/games/iphone/G2012_12-2_VidDemoPortrait_ipod.mov)

## ADDITIONAL NOTES

Please be sure to watch the entire [workout instruction video](#) for full details. Each rep will be counted once the athlete clearly shows control of the barbell overhead. The athlete must be responsible for loading their own barbell to the appropriate loads during the workout. The same barbell must be used for the entire workout and they may not receive assistance when changing the loads. Using additional pre-loaded barbells is not permitted.

\*[http://od-iphone.crossfit.com/games/iphone/G2012\\_OPEN12-2\\_DemoStandards\\_ipod.mov](http://od-iphone.crossfit.com/games/iphone/G2012_OPEN12-2_DemoStandards_ipod.mov)



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**SCORECARD**

Proceed through the sequence below completing as many reps as possible in 10 minutes of:

Athlete Name \_\_\_\_\_ Judge Name \_\_\_\_\_

30 Snatch							<b>SUB TOTAL</b>
Circle load							
Men 75lbs	Women 45lbs	Masters Men 45lbs	Masters Women 35lbs				
30 Snatch							<b>SUB TOTAL</b>
Circle load							
Men 135lbs	Women 75lbs	Masters Men 75lbs	Masters Women 55lbs				
30 Snatch							<b>SUB TOTAL</b>
Circle load							
Men 165lbs	Women 100lbs	Masters Men 100lbs	Masters Women 75lbs				
Snatch Max Reps							<b>SUB TOTAL</b>
Circle load							
Men 210lbs	Women 120lbs	Masters Men 120lbs	Masters Women 90lbs				

**TOTAL REPS COMPLETED**