



# The European Championships

## 17.2

### The Sprint!

Workout Description & Movement Standards  
(Rx / Masters / Scaled / Teens)



## Workout 17.2

7 Minute Time Cap  
Score = For Time

### Rx:

10 Burpee Box Jump Overs 24/20"  
20 Calorie Row  
40 Dumbbell Snatches 22.5/15 kg  
80 Double Unders

### Masters (35 yrs+):

10 Burpee Box Jump Overs 24/20"  
20 Calorie Row  
40 Dumbbell Snatches 22.5/15 kg  
80 Double Unders

### Scaled:

10 Burpee Box Jump Overs 20" (Male and Female)  
20 Calorie Row  
40 Kettlebell Snatches 12/8 kg  
80 Single Unders

### Teens (13-17 yrs):

10 Burpee Box Jump Overs 20" (Male and Female)  
20 Calorie Row  
40 Kettlebell Snatches 12/8 kg  
80 Single Unders



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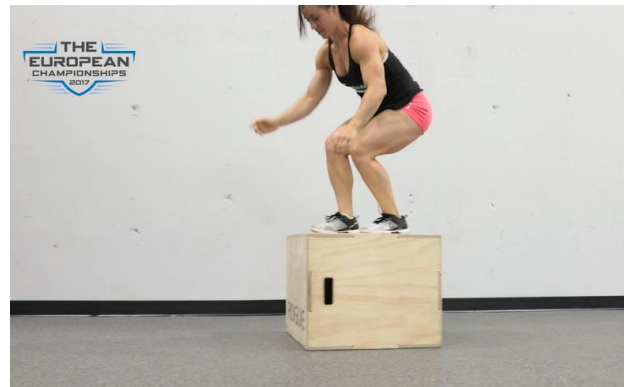
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### Burpee Box Jump Over



*Each burpee must be performed before jumping onto the box with the chest and thighs touching the ground at the bottom. Athletes can perform the burpee facing the box or alongside the box.*



*The athlete must jump or step onto the box from both feet and land on both feet before starting the next rep on the other side of the box. There is no requirement to stand tall while on top of the box. One-footed jumping is not permitted.*

### Row



*The athlete begins the row once all Over Box Burpees have been completed. The monitor must clearly display Zero Calories before the workout begins, and 20 completed calories at the end of the workout.*



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## Dumbbell Snatch

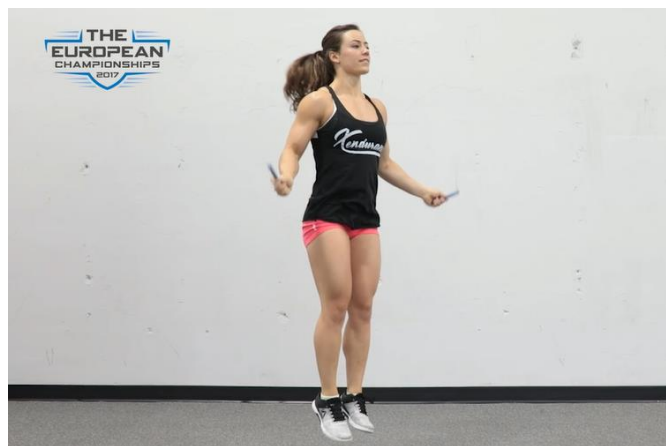


*The Dumbbell Snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement both heads of the dumbbell must touch the ground.*



*The dumbbell must be lifted overhead in one motion with the arms, hips and knees fully locked out with the dumbbell clearly over the middle of the body. Touch and go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each rep. The non-lifting hand and arm may not contact the body during the rep. Any variation of snatch style is permitted. Scaled and Teens must use a 12/8 kg kettlebell for the snatch, performed to the same standard above.*

## Double Under (Rx / Masters) Single Under (Scaled / Teens)



*This is a standard double-under in which the rope passes twice for each jump. Only successful jumps are counted, not just attempts. Scaled and Teens must perform a standard single-under in which the rope passes once each jump.*