

19.2A 16 min E2MOM**00:00 - 02:00 (athlete 1)**

12 calories Row

Max burpees-over-the-rower

02:00 - 04:00 (athlete 2)

12 calories Row

Max burpees-over-the-rower

04:00 - 06:00 (athlete 1)

12 calories Row

Max burpees-over-the-rower

06:00 - 08:00 (athlete 2)

12 calories Row

Max burpees-over-the-rower

08:00 - 10:00 (athlete 1)

12 calories Row

Max burpees-over-the-rower

10:00 - 12:00 (athlete 2)

12 calories Row

Max burpees-over-the-rower

12:00 - 14:00 (athlete 1)

Find your 1RM Snatch

14:00 - 16:00 (athlete 2)

Find your 1RM Snatch

19.2B 16 min E2MOM**00:00 - 02:00 (athlete 3)**

12 burpees-over-the-rower

Max calories Row

02:00 - 04:00 (athlete 4)

12 burpees-over-the-rower

Max calories Row

04:00 - 06:00 (athlete 3)

12 burpees-over-the-rower

Max calories Row

06:00 - 08:00 (athlete 4)

12 burpees-over-the-rower

Max calories Row

08:00 - 10:00 (athlete 3)

12 burpees-over-the-rower

Max calories Row

10:00 - 12:00 (athlete 4)

12 burpees-over-the-rower

Max calories Row

12:00 - 14:00 (athlete 3)

Find your 1RM Snatch

14:00 - 16:00 (athlete 4)

Find your 1RM Snatch

Rules of the workout:

- This workout is done in M/F pairs. One M/F pair completes 19.2A, the other M/F pair completes 19.2B.
- This workout allows for 2 barbells. Your teammates can prepare the weight of the barbell for the next athlete and/or next attempt.
- This workout has one working athlete at a time.
- This workout allows for 1 rower; therefore, all athletes must use the same rower to perform the movement

At the start of 3-2-1 GO, Athlete 1 starts the workout with the first 2 minutes of the workout. He/she will complete as many repetitions as possible, at each 2-minute mark the athletes will switch for the next set of work. During the workout, your teammates can prepare the barbell for the 1RM Snatch. The score of this workout is the amount of completed repetitions + sum of weight that was Snatched (each kilogram equals one repetition).



Snatch

Barbell begins on the ground and must be lifted overhead in one motion. Power, squat, and split snatches are all permitted, but athlete's feet must be brought back in line. The barbell can be dropped from overhead. The rep is counted when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.



Burpee over the rower

The burpee is performed parallel to the rower. The athlete jumps back with both feet, or steps back, to lie on the ground. The chest and thighs must touch the ground at the bottom. From this position the athlete can jump or step to their feet. The athlete must jump over the rower using a two-foot takeoff. Single-legged jumping or stepping over is not permitted. The athlete does not have to land with both feet at the same time.



Row

The monitor on the rower must be set to zero at the beginning of each row. The athlete may have assistance resetting the monitor. The athlete must stay seated on the rower until the monitor reads 12 calories.