



# SERVICE CUP

SCORE SUBMISSION DUE 5 P.M. PT THURSDAY, JUNE 13

Presented by



## WORKOUT 2 - RANDY

For time:

75 snatches

**Time cap: 10 minutes**

♀ 55 lb (25 kg)

♂ 75 lb (34 kg)

## WORKOUT VARIATIONS

**Community (suggested)**

For time:

50 snatches

**Time cap: 10 minutes**

♀ 55 lb (25 kg)

♂ 75 lb (34 kg)

## NOTES

- There is no designated starting position for this workout.
- Your score will be the total time taken to complete the workout **OR** the total number of reps completed before the time cap.
- There is no tiebreak for this workout.
- Video submissions are only required for those who wish to be eligible for prizes.
- Community athletes may use the suggested variation **OR** scale the workout to their ability level.
- Score is due by Thursday, June 13, at 5 p.m. PT.

## EQUIPMENT

- Barbell, plates, and collars



## MOVEMENT STANDARDS

### SNATCH

#### REQUIREMENTS



1. Each rep starts with the bar on the ground.
2. The barbell must be lifted overhead in one motion (no clean and jerks).
  - Any style of snatch is permitted, except a hang snatch.
3. The rep is counted when:
  - Hips, knees, and arms are extended.
  - The bar is over the middle of, or slightly behind, the body when viewed from profile.
  - The feet are in line.

#### COMMON NO REPS

NOTE: This list is not exhaustive.



- ❌ Lowering the bar before full extension of the knees, hips, or arms.



- ❌ Finishing with the bar in front of the body.



- ❌ Deliberately bouncing the barbell between consecutive reps.



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**Momentous**

Official Sports Nutrition Partner of CrossFit

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

Time or Reps at 10 Min. \_\_\_\_\_

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

\_\_\_\_\_  
Athlete Signature

Athlete Copy

**SERVICE CUP - WORKOUT 2**

Athlete Name \_\_\_\_\_  
Print

Time or Reps at 10 Min. \_\_\_\_\_

Workout Location \_\_\_\_\_

Date \_\_\_\_\_

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

\_\_\_\_\_  
Judge Signature