

# QWOD2 Masters

10 min AMRAP

8 C2B

12 Goblet Squats (32/24)

8m Handstand Walk

12 Goblet Squats (32/24)

## Workout Flow

On the call "3,2,1,Go" the athlete starts with his/her first set of 8 Chest 2 Bar Pull Ups, 12 Goblet Squats, 8m Handstand Walk and 12 Goblet Squats. He/she repeats the same procedure until he/she hits the 10 min time cap. The score is the total amount of reps completed within the 10 min time cap.

## Standards

Chest 2 Bar Pull Up:

The athlete starts hanging from the bar, elbows completely extended. To complete the rep the athlete has to touch the bar below the collarbone. Any style of Pull Up is allowed.

Goblet Squat:

The Goblet Squat requires full depth (hip crease below knee cap) in the bottom position and hips and knees locked out at the top. The kettlebell has to be in front of your body with both hands touching the kettlebell. Resting the kettlebell on your shoulder is a no rep.

Handstand walk:

The athlete has to start with both hands behind the first line. The line has to be clearly marked with tap or chalk every 2m. If the athlete fails the Handstand Walk, he/she has to walk back and start behind the last successfully passed line. Each passed 2m segment counts as one rep.