

# ATD 2022 – Qualifier



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## WOD 2

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"12 min Amrap:

30/25 cal Row  
20 Toes 2 Bar  
15 Squat Cleans (60/40)

30/25 cal Row  
20 Toes 2 Bar  
10 Squat Cleans (80/55)

30/25 cal Row  
20 Toes 2 Bar  
max Rep Squat Cleans (100/65)

On the call 3,2,1 go the Athletes starts the first Round of 30 calories for men and 20 calories for women on the Concept 2 Rower, followed by 20 Toes 2 Bar and 15 Squat Cleans at 60kilo for men and 40kilo for women.

Round 2 follows the same rep scheme but you will do 10 Squat Cleans with 80kilo for men and 55kilo for women.

Round 3 will finish with as many Squat Cleans as possible for the remainder of the time. The weight for the last round is 100kg for men and 65kg for women. You may have a person assisting you to change your weights.

This workout is a 12 minute AMRAP so your score will be the total number of reps within this 12 min time frame.

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ROW (CONCEPT 2 Rower)

REP START

- Seated on rower.
- Both feet on footplates.
- At least one hand on the handle.

REP END

- Seated on rower.
- Both feet on footplates.
- At least one hand on the handle

TOES TO BAR

REP START

- Vertical hang from horizontal bar.
- Hips and Arms fully extended.
- Heels break the vertical plane directly under the bar.

REP END

- Toes on both feet touch the bar simultaneously.
- The contact point is within the width of the hands

SQUAT CLEAN

REP START

- Object on ground.
- Hand(s) on object.

REP END

- Front rack lockout.