



## Turkey Challenge Online Qualifier 22.2

### WORKOUT 22.2

As many rounds and reps as possible in 11:00:

14 Alternating dumbbell hang clean and jerk

8 Burpee box jump overs, 24/20"

### VARIATIONS

**Individual and Team Rx:**

Men use 50 lb. dumbbell

Women use 35 lb. dumbbell

**Individual and Team Open, and 40+ Individual:**

Men use 35 lb. dumbbell

Women use 20 lb. dumbbell

### NOTES

This workout begins with the athlete standing at the single dumbbell. After the call of "3, 2, 1 ... go," the athlete will begin on their first set of single arm alternating dumbbell hang clean and jerks. Once complete, they will do the 8 burpee box jump overs. They will continue moving through both movements until the time limit is reached.

### EQUIPMENT

- Men use 50 lb or 35 lb dumbbell depending on division. Women use 35 lb or 20 lb dumbbell depending on division
- Box at the appropriate height for your division

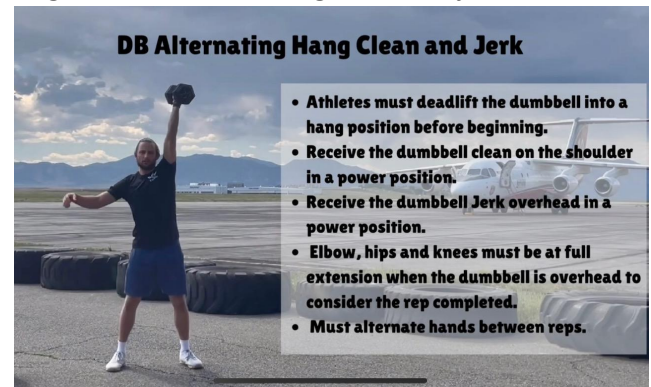
\*The official weight is in pounds. For each workout, be sure the athlete has adequate space to safely complete all the movements. Any athlete who in any way alters the equipment or movements described in this document or shown in the workout video may be disqualified from the competition.

### VIDEO SUBMISSION

Video only required for top placers and eligibility for prizes. See video requirements [here](#) for more information.

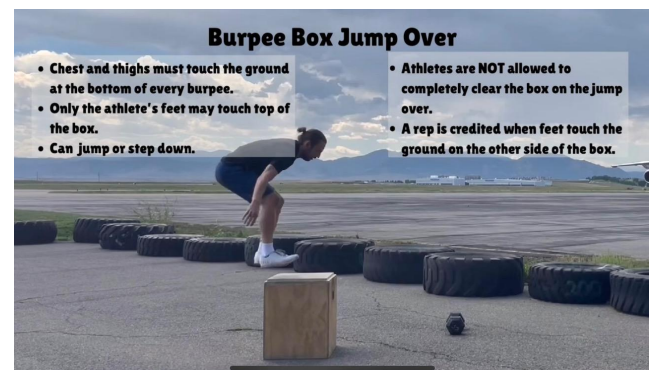
### MOVEMENT STANDARDS

Single arm dumbbell hang clean and jerk



This lift begins with the dumbbell being lifted to the hang position. Once there, the athlete will 'jump' the weight to their shoulder before doing another 'jump and punch' and standing the weight to a lockout overhead. The dumbbell must make contact with the shoulder before going overhead (no snatching). On the way down, the athlete may bring the dumbbell back to the shoulders before the hang position, or return the dumbbell directly to the hang.

Burpee box jump overs



The burpee box jump-over starts with the athlete on one side of the box while touching their chest and thighs to the ground, and finishes with the athlete



## Turkey Challenge Online Qualifier 22.2

jumping over the box. There is no requirement to stand tall while on top of the box. A two-foot take off or stepping up is allowed, and only the athlete's feet may touch the box. If the athlete chooses to jump on top of the box they must use a two-foot take off, but do not have to use a two-foot landing. Once both feet have made contact with the top of the box, the athlete may either jump down or step off to the other side. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.



## Turkey Challenge Online Qualifier 22.2

### WORKOUT 22.2

As many rounds and reps as possible in 11:00:

14 Alternating dumbbell hang clean and jerk

8 Burpee box jump overs, 24/20"

### VARIATIONS

**Individual and Team Rx:**

Men use 50 lb. dumbbell

Women use 35 lb. dumbbell

**Individual and Team Open, and 40+ Individual:**

Men use 35 lb. dumbbell

Women use 20 lb. dumbbell

Submit all workout scores by Monday, September

19th at 7:59 pm MST. Visit

[www.Turkeychallenge.com](http://www.Turkeychallenge.com) under "Register Now"

tab and go to Throwdowns event page.

See video requirements [here](#) for more information.

For any questions, email

[info@turkeychallenge.com](mailto:info@turkeychallenge.com).

### SCORING

Round 1		Reps
7 DB Hang CJ, Right		7
7 DB Hang CJ, Left		14
8 Burpee box jump overs		22
Round 2		
7 DB Hang CJ, Right		29
7 DB Hang CJ, Left		36
8 Burpee box jump overs		44
Round 3		
7 DB Hang CJ, Right		51
7 DB Hang CJ, Left		58
8 Burpee box jump overs		66
Round 4		
7 DB Hang CJ, Right		73
7 DB Hang CJ, Left		80
8 Burpee box jump overs		88
Round 5		
7 DB Hang CJ, Right		95
7 DB Hang CJ, Left		102
8 Burpee box jump overs		110
Round 6		
7 DB Hang CJ, Right		117
7 DB Hang CJ, Left		124
8 Burpee box jump overs		132
Round 7		
7 DB Hang CJ, Right		139
7 DB Hang CJ, Left		146
8 Burpee box jump overs		154
Round 8		
7 DB Hang CJ, Right		161
7 DB Hang CJ, Left		168
8 Burpee box jump overs		176
Round 9		
7 DB Hang CJ, Right		183
7 DB Hang CJ, Left		190
8 Burpee box jump overs		198

COMPLETED AS (CIRCLE ONE): RX / OPEN

Reps completed at time cap: \_\_\_\_\_