



## Open Prep Solo Comp

WOD #2: *19.1s Little Sibling*

### RX Workout #2:

10:00 – AMRAP

19- Wallballs (20#/14#)(10'/9")

19- Calorie Row

### SCALED Workout #2:

10:00 – AMRAP

15- Wallballs (14#/10#)(10'/9")

15- Calorie Row

### Workout #2: 10:00 AMRAP:

The workout begins with the medicine ball on the ground and athlete standing tall. After the call of "3, 2, 1 ... go," the athlete will pick up the ball and perform the wall-ball shots. After 19 or 15 reps are complete, the athlete will move to the rower and pull 19 or 15 calories.

The monitor must read 19 or 15 calories before the athlete can unstrap and move back to the wall-ball shots for the next round.

The athlete's score will be the total number of repetitions completed within the 10-minute time cap. Each calorie completed on the row will be equal to 1 rep.

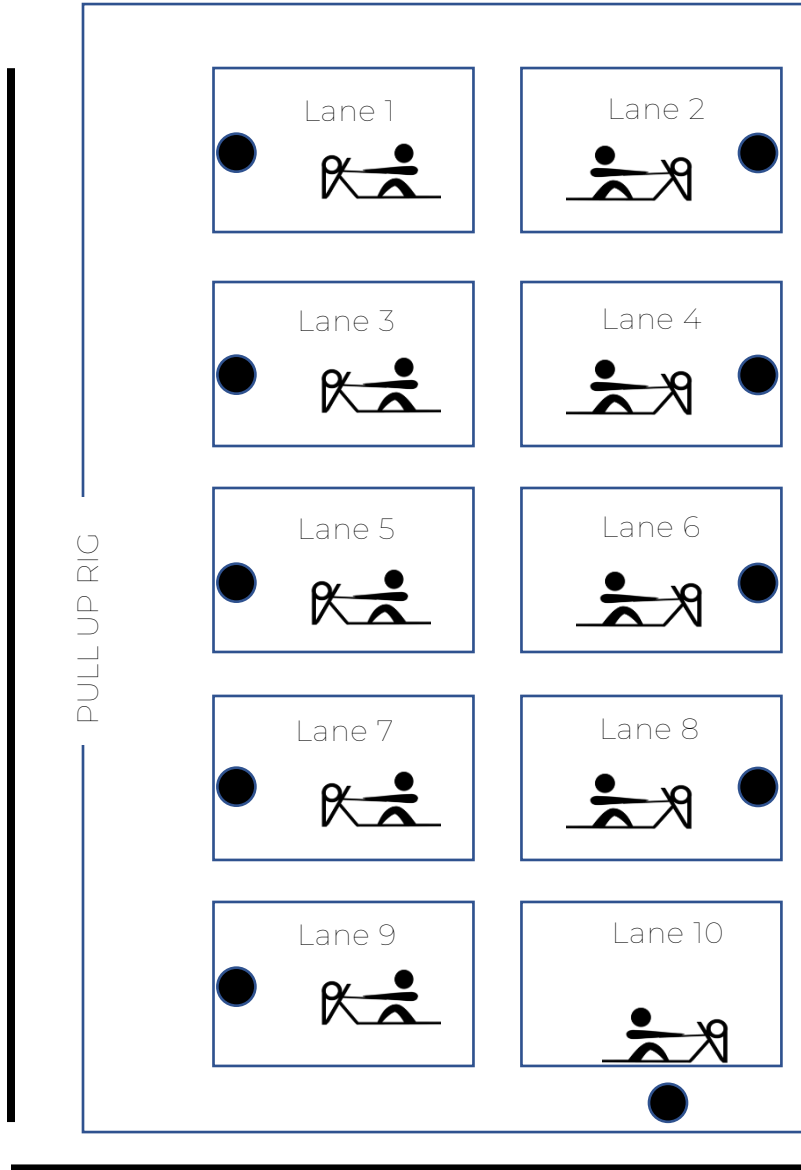


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WOD #2: 19.1s Little Sibling

Floor Plan Workout #2:

RX & Scaled



Wall



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Movement Standards Workout #2:

RX & SCALED Wallballs:



- In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target (10'/9').
- The rep is credited when the center of the ball hits the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

RX & SCALED Rowing:



- The monitor on the rower must be set to zero at the beginning of each row. The athlete must reset the monitor each round. The athlete must stay seated on the rower until the monitor reads 19 calories for RX Division and 15 calories for SCALED Division.