



## The Fox Valley's Fittest 4

# Workout 2

### Grover Cleveland

For Time (13:00 Cap)

**RX:**

KB M(70) - F(53)  
STOH M(95) - F(65)

**SCALED:**

KB M(53) - F(35)  
STOH M(65) - F(55)  
KB Lunges M(53) - F(35)

**Row Order:** F1,M1,F2,M2  
3,2,1...GO!

This is a **strategy workout**...Complete reps in any order and in any way...Does **NOT** need to be split evenly other than the row.

**400 Cal Row...**

**200** American KB Swings

**200 (RX)** Alternating Pistols....

**(SCALED)** Alternating Front Step Lunges w/ KB Held Any Way

**200** Shoulder to Overhead

\*1 team member must be rowing at all times and they must switch every 20 Cals.

\*The non-rowing team members can only be moving when the rower is going w/ only 1 working at a time.

\*If all the cals are finished before the cap, and before the other movements are completed, all 4 team members can do the movements as long as only one person is working at a time.



## Grover Cleveland:

This workout begins with F1 athlete in the rower and the M1,F2,M2 at whatever station they want to start at (not all athletes have to be at the same station). After the call of "3, 2, 1... go," the F1 athlete will start their 20 Cal row. While they are rowing, a SINGLE athlete can start chipping away at the reps of the stations. One athlete (other than the rowing athlete) only moving at a time. There is no rep limit per athlete. Split reps however. Complete movements however.

When the ROWER athlete has completed their 20 Cals...they need to yell out "DONE". This indicates to the team and the judge that all reps must stop and M1 will head to the rower to complete their 20 Cals. Once they start rowing the other athletes can start working. This sequence will continue until the time cap, OR all reps of the stations AND the rower are completed. 1,000 total reps

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Shoulder to Overhead:



- At the start and finish of each rep, the hips and knee of the working leg are extended.
- A Strict Press, Push Press, Push Jerk or Split Jerk are ALL PERMITTED.
- At the top of each rep, feet must come back to starting position before the barbell can be lowered. The hips knees and arms must ALL be locked out.
- Athletes must maintain a straight bodyline from feet to hands. No reps will be called out if the barbell is not centered over center foot at the top position.
- Starting position of EACH rep needs to be in contact with the shoulder/clavicle.

Pistols:



- At the start and finish of each rep, the hips and knee of the working leg are extended.
- The non-working leg must remain in front of the body (cannot pass beyond profile).
- Holding on to the non-working leg is permitted
- At the bottom, the hip crease must pass below the top of the knee on the working leg.
- If any part of the body other than the support foot touches the floor before lockout, or finishes outside of the designated square, the rep will not count.
- Must alternate legs after every successful rep.
- Must complete a successful rep on one side before alternating.
- Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted.

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KB Forward Lunge Steps:



- The KB maybe held in any orientation (Front Rack / Goblet / Overhead / Suitcase)
- Reps starts AND ends in the standup up position with feet coming back to center AND ankles, knees and hips being in the locked out position.
- Each step is a forward action with the knee making contact with the ground.
- Must alternate legs after every successful rep.



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American KB Swings:



- Rep begins with KB tucked under hips
- Rep ends with the bottom of the KB pointing directly towards the ceiling with arms completely locked out overhead.
- In the top position the KB and arms should be inline with the middle of the body.

Russian KB Swings:



- Rep begins with KB tucked under hips
- Rep ends with the bottom of the KB pointing directly away from the athlete and the wrists reaching eye level. Arms need to be completely locked out at the top of the rep..



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Floor Plan Workout #2:

