WOD 4 TOYS | WORKOUT 2

PARTNER DEADLIFTS / BOX / TOES-TO-BAR

MM + FF PAIRS	**FOR TIME**	**19-MINUTE CAP**

WORKOUT DESCRIPTION

Workout 2 is a four-athlete workout performed in **male/male (MM) and female/female (FF) pairs**. Pairs alternate through four prescribed blocks of 50 deadlifts followed by 50 box jump overs or toes-to-bar. **Partners do not have to split the repetitions evenly.** One partner performs repetitions while the other maintains the required static hold. **No working repetitions count unless the static hold is happening.**

WORKOUT FLOW

1	**MM PAIR - ROUND 1** 50 deadlifts, then 50 box jump overs.
2	**FF PAIR - ROUND 1** 50 deadlifts, then 50 box jump overs.
3	**MM PAIR - ROUND 2** 50 deadlifts, then 50 toes-to-bar.
4	**FF PAIR - ROUND 2** 50 deadlifts, then 50 toes-to-bar.

WEIGHTS & BOX HEIGHTS

Deadlift: Men 225 lb / Women 155 lb. **Box jump overs:** Men 24 in / Women 20 in.

PARTNER STATIC-HOLD RULES

• **During deadlifts:** The non-working partner must hang from the pull-up bar while deadlift repetitions are performed.

• **During box jump overs or toes-to-bar:** The non-working partner must hold the loaded barbell at the top of the deadlift position.

• **Work only counts during the hold:** If the holding partner releases or loses the required static position, the working partner must stop. Repetitions performed without the hold do not count.

• Partners may switch working and holding roles as needed and **may divide all 50 reps however they choose**.

WOD 4 TOYS | WORKOUT 2

STANDARDS, RULES & SCORING

MOVEMENT STANDARDS

• **Deadlift:** Each rep starts with the plates on the floor and finishes with knees and hips fully extended and shoulders behind the bar. The partner must be hanging from the pull-up bar during every counted rep.

• **Box jump over:** Complete a crossing of the box from one side to the other at the prescribed height. **No step-ups allowed. Lateral box jumps and completely clearing the box are allowed.** The non-working partner must maintain the barbell at the top of the deadlift position.

• **Toes-to-bar:** Both feet must contact the pull-up bar together between the hands at the top; at the bottom the heels must pass behind the vertical plane of the bar. The partner must maintain the top-of-deadlift barbell hold.

• **Static hold:** A rep is not valid if the required hanging or barbell hold is not maintained when the rep is performed.

GRIP RULES

• **Grips are allowed** when hanging from the pull-up bar and when performing toes-to-bar.

• **Grips are not allowed for deadlifts.**

SCORING

The team score is the total time to complete all four blocks in order, subject to the **19-minute cap**.

Time-cap scoring: If a team reaches 19:00 without completing the workout, add **1 second for each unfinished repetition** to the team score. **Example: 15 reps remaining = 19:15.** Each remaining deadlift, box jump over, or toes-to-bar counts as one rep.

Scaled scoring: Scaling is permitted when needed, but teams performing a scaled version will be ranked **behind all teams performing the workout as prescribed (Rx)**, using an Open-style leaderboard.

KEY REMINDERS

• Perform blocks in order: **MM / FF / MM / FF**.

• Partners **do not** need to split repetitions evenly.

• No reps may be performed without the correct partner **static hold**.

• Deadlift weights: **225/155 lb**; box heights: **24/20 in**. **No step-ups allowed. Lateral jumps and completely clearing the box are allowed.**

• **Grips OK** for hanging and toes-to-bar; **not allowed** for deadlifting.

• **19-minute time cap.** Each unfinished rep adds **1 second** (15 remaining = 19:15).

• Scaled teams rank below teams completing the workout **Rx**.