



**BOHEMIAN  
THROWDOWN**  
2024

**CrossFit** LICENSED EVENT | 2024



# WOD 2

WOD 2 BY [WORKOUT.EU](https://www.workout.eu)

## Elite / Sport

TC 7min

30x T2B  
30x Pull-Up  
30x T2B  
30x BMU

## Beginners

5min AMRAP

10x Burpee  
10x T2R  
10x Pull-Up

## Masters

TC 7min

30x T2B  
30x Pull-Up  
30x T2B  
30x BMU

**WOD 2 has a set Time Cap of 7 minutes for the Elite/Sport and Masters divisions.  
For Beginners, the workout is a 5-minute AMRAP.**



# WOD 2

## Elite + Sport, Masters:

The athlete can start anywhere they choose. Upon starting the stopwatch, they begin their first toes to bar repetition, and after completing the required number of repetitions, they smoothly transition to the next movement, pull-up, followed by toes to bar again, and the final exercise, bar muscle-up. The workout concludes after completing all required movements (120 reps). The Time Cap for this workout is 7 minutes. If the athlete completes the workout within the time limit, the time taken to complete all 120 repetitions is recorded. If the athlete does not finish within the time limit, the number of repetitions completed is counted. After 90 reps, a Tiebreak must be recorded; once the athlete finishes the last T2B repetition, the current time is required.

## Beginners

In the Beginners category, it is a 5-minute AMRAP. The athlete can start anywhere they choose. Upon starting the stopwatch, they begin their first burpee repetition, and after completing the required number of burpees, they smoothly transition to the next movement, toes to bar, and finally, pull-up. The workout concludes at 5:00, and the result is the number of completed repetitions.



# WOD 2

## T2B

For T2B, the athlete must transition from a full hang to a position where both toe tips touch the bar simultaneously. At the beginning of each repetition, the arms must be fully extended with the legs in the air. Touching the floor is not allowed. In the bottom hanging position, the feet must be brought behind the bar level. Grip can be underhand, overhand, or alternating. Both feet must come into contact with the bar simultaneously, in the space between the hands. Athletes can wrap tape around the bar or wear hand protection but cannot tape and use hand protection simultaneously.

## T2R

For T2R, athletes must transition from a full hang to a position where toe tips touch the rings or their inner space. At the beginning of each repetition, the arms must be fully extended, and the feet must not touch the floor. In the bottom hanging position, the feet must be brought behind the axis of the rings. Any grip is allowed. Both feet must meet the standard simultaneously, each foot with the corresponding ring. Athletes can use hand protection.



# WOD 2

## Pull-Up

The athlete must start or pass through a hang under the bar, with fully extended arms and feet off the ground. A repetition is acknowledged when the athlete gets their chin above the bar level. Kipping, butterfly, or strict pull-ups are allowed. Only an overhand grip is permitted. Contact of the feet with the floor or the bar structure is not allowed.

## Bar Muscle up

The athlete must start or pass through a hang under the bar, with fully extended arms and feet off the ground. Kipping BMU is acceptable, but a swing or "Glide Kip" is not allowed. At no phase of the movement should the toe tips get above the bar level on which they hang. A repetition is recognized when the athlete's arms are fully locked out in the upper position above the bar, and the athlete's shoulders are above or slightly in front of the bar. Lifting hands in the support position is not allowed.

## Burpee

Athlete starts in the upright standing position. Then athlete jumps or steps back, in the lower position. The chest must touch the floor, followed by lifting from the ground by pulling the feet forward to the hands or by stepping forward. The movement is completed with a jump, during which it is necessary to bring the hands together above the head/behind the head. A full extension of the knees and hips is required during the jump.