



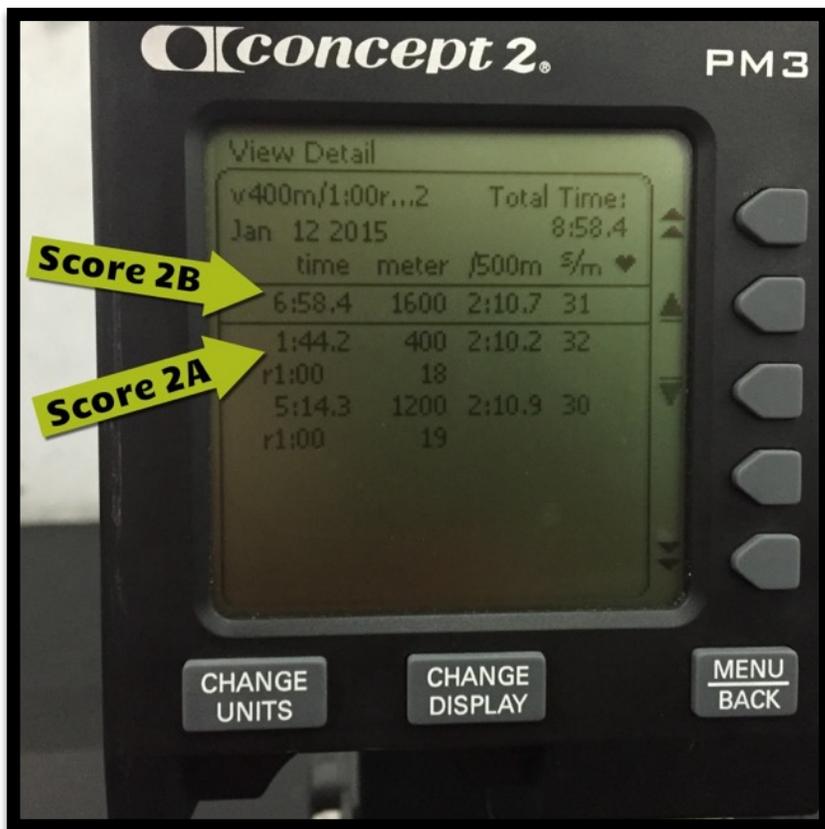
## Workout 2

12:00pm PST Wednesday, January 14 - 12:00pm PST Monday, January 19

Presented By:



# For Time: 400m Row, 1 Minute Rest, 1200m Row



## Workout 2 Score

**Score 2A**  
400m Row Time

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**Score 2B**  
400m Row Time + 1200m Row Time

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Make sure to take a photo of this screen for proof of performance.

If you might be in the top 5 take a video.

Go to the website for an example video with the requirements and all the rules.

<http://rowdroyalty.com/workouts/workout-2/>

Athlete Name \_\_\_\_\_

Date & Time \_\_\_\_\_

