

INDUSTRIOUS 
HALO
GAMES
2026

EVENT 2
STICK TOGETHER

RX

For time:

10-9-8-7-6-5-4-3-2-1

Partner Deadlifts (375/265#)

Partner WB shots (20/14#)

Synchro Switch OTB Burpees

*14 minute time cap

*Score is time completed or total reps finished

SCALED

For time:

10-9-8-7-6-5-4-3-2-1

Partner Deadlifts (265/185#)

Partner WB shots (14/10#)

Synchro Switch OTB Burpees

*14 minute time cap

*Score is time completed or total reps finished

Workout Notes

- Workout begins 3 minutes after Halo Games Event 1, at the 10:00 mark on the clock
- Workout ends at the 24:00 mark on the clock
- Barbell will be loaded and Halo set up during the 3:00 rest after Event 1
- Athletes move through ladder down style, completing 10 reps of every movement, 9 reps of every movement, 8 of each...7,6,5,4,3,2,1.
- Score is time to complete

Partner Deadlifts



- Barbell starts from the floor, athletes stand it up to full lockout at the top
- Athletes are side by side on the same side of the barbell
- Bumper plates on both sides must touch the floor between reps
- Arms stay straight on the way down, no bouncing

MOVEMENT STANDARDS

Partner Wall Ball Shots



- Partner 1 squats and throws the ball to the target, Partner 2 catches it, squats, and throws it to the target
- Full depth on the squat is required, hips below the knees
- The ball must make clear contact with the target
- Every time the ball hits the target is 1 rep

Synchro Switch OTB Burpees



- Teammates are on opposite sides of the barbell, facing opposite directions
- Both athletes touch the chest to the floor at the same time
- Both athletes jump or step over the barbell at the same time