

#### **OPEN WEEK 2** SCORECARD (RX'D AND SCALED)

17:00 PT THURSDAY, MARCH 18, THROUGH 17:00 PT MONDAY, MARCH 22



#### WORKOUT 21.2

Repeat of 17.1

For time:

- 10 dumbbell snatches
- 15 burpee box jump-overs
- 20 dumbbell snatches
- 15 burpee box jump-overs
- 30 dumbbell snatches
- 15 burpee box jump-overs
- 40 dumbbell snatches
- 15 burpee box jump-overs
- 50 dumbbell snatches
- 15 burpee box jump-overs
- *♀ 35-lb. dumbbell, 20-in. box ♂* 50-lb. dumbbell, 24-in. box
- Time cap: 20 min.

10 DUMBBELL SNATCHES	10	
15 BURPEE BOX JUMP-OVERS	25	
20 DUMBBELL SNATCHES	45	TIME
15 BURPEE BOX JUMP-OVERS	60	
30 DUMBBELL SNATCHES	90	TIME
15 BURPEE BOX JUMP-OVERS	105	
40 DUMBBELL SNATCHES	145	TIME
15 BURPEE BOX JUMP-OVERS	160	
50 DUMBBELL SNATCHES	210	TIME
15 BURPEE BOX JUMP-OVERS	225	

TIME

#### **WORKOUT VARIATIONS**

**Rx'd** (Ages 16-54)

- $\bigcirc$  35-lb. dumbbell, 20-in. box
- 50-lb. dumbbell, 24-in. box

#### **Scaled** (Ages 16-54)

#### Teenagers 14-15

- $\bigcirc$  20-lb. dumbbell, 20-in. box
- 35-lb. dumbbell, 24-in. box

#### **Scaled Teenagers 14-15**

#### Masters 55+

- $\stackrel{\textstyle \bigcirc}{\scriptstyle \sim}$  20-lb. dumbbell, 20-in. box (step-ups permitted)
- 35-lb. dumbbell, 24-in. box (step-ups permitted)

#### Scaled Masters 55+

$\stackrel{\textstyle \hookrightarrow}{\sim}$ 20-lb. dumbbell, 20-in. box (step-ups permitted) $\stackrel{\textstyle \hookrightarrow}{\sim}$ 35-lb. dumbbell, 20-in. box (step-ups permitted)	$\stackrel{\frown}{2}$ 10-lb. dumbbell, 20-in. box (step-ups permitted) $\stackrel{\frown}{3}$ 20-lb. dumbbell, 24-in. box (step-ups permitted)	$\begin{picture}(100,0) \put(0,0){\line(1,0){100}} \put(0,0){\line(1,0){10$
	Time OF	Reps at 20 Minutes
Athlete Name		Tiebreak Time
	Print	☐ Rx′d ☐ Scaled
Workout Location	Judge	Has judge passed CrossFit's
	Judge Name	Offilite Judges Course:
I confirm the information above accurately repres	ents the athlete's performance for this workout.	
Armate Copy		
Athlete Copy		
WORKOUT 21.2	Time OF	Reps at 20 Minutes
Athlete Name		Tiebreak Time
	Print	☐ Rx′d ☐ Scaled
Workout Location	Judge	Has judge passed CrossFit's
	Judge Name	Online Judges Course? Y / N
I confirm the information above accurately repres	ents the athlete's performance for this workout.	
		ludge Signature Date



## **OPEN WEEK 2** SCORECARD (FOUNDATIONS)

17:00 PT THURSDAY, MARCH 18, THROUGH 17:00 PT MONDAY, MARCH 22



## WORKOUT 21.2 - FOUNDATIONS

For time:

10 alternating snatches

15 burpees

20 alternating snatches

15 burpees

30 alternating snatches

15 burpees

40 alternating snatches

15 burpees

50 alternating snatches

15 burpees

Use a 10-lb. dumbbell or household item for the snatch.

To modify the burpee, omit the push-up portion or elevate the hands during the push-up.

Time cap: 20 min.

10 ALTERNATING SNATCHES	10	
15 BURPEES	25	
20 ALTERNATING SNATCHES	45	TIME
15 BURPEES	60	
30 ALTERNATING SNATCHES	90	TIME
15 BURPEES	105	
40 ALTERNATING SNATCHES	145	TIME
15 BURPEES	160	
50 ALTERNATING SNATCHES	210	TIME
15 BURPEES	225	

Time OR Reps at 20 Minutes

Athlete Name		Tiebreak Time	
	Print		
Workout Location	Judge	Has judge passed CrossFit's	\/ / NI
	Judge Name	Online Judges Course?	Y/N
I confirm the information above accurately repre	esents the athlete's performance for this workout.		
Allillate CODY			Date
Athlete Copy			
WORKOUT 21.2 - FOUNDATIONS	Time 0	OR Reps at 20 Minutes	
Athlete Name		Tiebreak Time	
	Print		
Workout Location	Judge		\/ / NI
	Judge Name	Online Judges Course?	Y/N
I confirm the information above accurately repre	esents the athlete's performance for this workout.		
· .	•	Judge Signature	Date



## **OPEN WEEK 2** SCORECARD (EQUIPMENT FREE)

17:00 PT THURSDAY, MARCH 18, THROUGH 17:00 PT MONDAY, MARCH 22



# WORKOUT 21.2 — EQUIPMENT FREE

Modified version of 17.1

For time:

- 10 hang squat snatches
- 15 burpee broad jumps, 36 in.
- 20 hang squat snatches
- 15 burpee broad jumps, 36 in.
- 30 hang squat snatches
- 15 burpee broad jumps, 36 in.
- 40 hang squat snatches
- 15 burpee broad jumps, 36 in.
- 50 hang squat snatches
- 15 burpee broad jumps, 36 in.

Use a stick or PVC pipe to complete the hang squat snatches.

Time cap: 20 min.

10 HANG SQUAT SNATCHES	10	
15 BURPEE BROAD JUMPS	25	
20 HANG SQUAT SNATCHES	45	TIME
15 BURPEE BROAD JUMPS	60	
30 HANG SQUAT SNATCHES	90	TIME
15 BURPEE BROAD JUMPS	105	
40 HANG SQUAT SNATCHES	145	TIME
15 BURPEE BROAD JUMPS	160	
50 HANG SQUAT SNATCHES	210	TIME
15 BURPEE BROAD JUMPS	225	

Time OR Reps at 20 Minutes \_

Athlete Name		Tiebreak Time	
Workout Location	Judge Judge Name	Has judge passed CrossFit's Online Judges Course?	Y/N
Affiliate Copy	esents the athlete's performance for this workout	Athlete Signature	Date
WORKOUT 21.2 - EQUIPMENT FI Athlete Name	Time Ok Kep	os at 20 Minutes Tiebreak Time	
Workout Location	Print Judge Judge Name	Has judge passed CrossFit's Online Judges Course?	Y/N
I confirm the information above accurately repre	esents the athlete's performance for this workout	ludge Signature	Date



17:00 PT THURSDAY, MARCH 18, THROUGH 17:00 PT MONDAY, MARCH 22



## WORKOUT 21.2 ADAPTIVE - UPPER EXTREMITY

For time:

10 dumbbell snatches

15 burpee box jump-overs

20 dumbbell snatches

15 burpee box jump-overs

30 dumbbell snatches

15 burpee box jump-overs

40 dumbbell snatches

15 burpee box jump-overs

50 dumbbell snatches

15 burpee box jump-overs

♀ 35-lb. dumbbell, 20-in. box ♂ 50-lb. dumbbell, 24-in. box

Time cap: 20 min.

10	
25	
45	TIME
60	
90	TIME
105	
145	TIME
160	
210	TIME
225	
	25 45 60 90 105 145

	Time OR	Reps at 20 Minutes	
Athlete Name		Tiebreak Time	
	Print		
Workout Location	Judge		Y / N
	Judge Name	Online Judges Course?	1 / IN
I confirm the information above accurately rep	presents the athlete's performance for this workout		
Affiliate Copy		Athlete Signature	Date
Athlete Copy			
WORKOUT 21.2 - ADAPTIVE -	UPPER EXTREMITY Time OR	Reps at 20 Minutes	
Athlete Name		Tiebreak Time	
	Print		
Workout Location	Judge	Has judge passed CrossFit's	Y/N
	Judge Name	Online Judges Course?	1 / IN
I confirm the information above accurately rep	presents the athlete's performance for this workout. $\_$		
		ludge Signature	Date



17:00 PT THURSDAY, MARCH 18, THROUGH 17:00 PT MONDAY, MARCH 22



<b>WORKOUT 21.2 -</b>	_
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#### **ADAPTIVE - LOWER EXTREMITY**

For time:

- 10 hang dumbbell snatches
- 15 burpees
- 20 hang dumbbell snatches
- 15 burpees
- 30 hang dumbbell snatches
- 15 burpees
- 40 hang dumbbell snatches
- 15 burpees
- 50 hang dumbbell snatches
- 15 burpees
- *♀35-lb. dumbbell*
- ♂ 50-lb. dumbbell

Time cap: 20 min.

10 HANG DUMBBELL SNATCHES	10	
15 BURPEES	25	
20 HANG DUMBBELL SNATCHES	45	TIME
15 BURPEES	60	
30 HANG DUMBBELL SNATCHES	90	TIME
15 BURPEES	105	
40 HANG DUMBBELL SNATCHES	145	TIME
15 BURPEES	160	
50 HANG DUMBBELL SNATCHES	210	TIME
15 BURPEES	225	

	Time OK F	teps at 20 minutes	
Athlete Name		Tiebreak Time	
	Print		
Workout Location	Judge		Y / N
	Judge Name	Online Judges Course?	Y / IN
I confirm the information above accurately repr	resents the athlete's performance for this workout		
Affiliate Copy		Athlete Signature	Date
Athlete Copy			
WORKOUT 21.2 - ADAPTIVE - I	LUWER EXTREMITY Time OR F	Reps at 20 Minutes	
Athlete Name		Tiebreak Time	
	Print		
Workout Location	Judge	Has judge passed CrossFit's	Y/N
	Judge Name	Online Judges Course?	1 / 13
I confirm the information above accurately repr	resents the athlete's performance for this workout	ludge Signature	Data
		inase zisustate	Date



17:00 PT THURSDAY, MARCH 18, THROUGH 17:00 PT MONDAY, MARCH 22



#### **WORKOUT 21.2** -**ADAPTIVE - NEUROMUSCULAR** For time:

- 10 hang dumbbell snatches
- 15 knee burpees
- 20 hang dumbbell snatches
- 15 knee burpees
- 30 hang dumbbell snatches
- 15 knee burpees
- 40 hang dumbbell snatches
- 15 knee burpees
- 50 hang dumbbell snatches
- 15 knee burpees
- ♀ 20-lb. dumbbell
- ♂ 35-lb. dumbbell

Time cap: 20 min.

10 HANG DUMBBELL SNATCHES	10	
15 KNEE BURPEES	25	
20 HANG DUMBBELL SNATCHES	45	TIME
15 KNEE BURPEES	60	
30 HANG DUMBBELL SNATCHES	90	TIME
15 KNEE BURPEES	105	
40 HANG DUMBBELL SNATCHES	145	TIME
15 KNEE BURPEES	160	
50 HANG DUMBBELL SNATCHES	210	TIME
15 KNEE BURPEES	225	

	Time OR	Reps at 20 Minutes	-
Athlete Name	Print	Tiebreak Time	_
Workout Location	Judge Judge Name	Has judge passed CrossFit's Online Judges Course? Y / N	٧
I confirm the information above accurately repre-	esents the athlete's performance for this workout		
Affiliate Copy		Athlete Signature Date	е
Athlete Copy WORKOUT 21.2 - ADAPTIVE - N	FIIROMIISCIII AR	Reps at 20 Minutes	
Athlete Name		Tiebreak Time	
, terriete rianie	Print	Tiesreak Time	_
Workout Location	Judge Judge Name	Has judge passed CrossFit's Online Judges Course?  Y / N	٧
I confirm the information above accurately repre-	esents the athlete's performance for this workout. $\_$	ludge Signature Dati	



17:00 PT, THURSDAY, MARCH 18, THROUGH 17:00 PT, MONDAY, MARCH 22



## WORKOUT 21.2 —

#### **ADAPTIVE - VISUAL IMPAIRMENT**

For time:

- 10 dumbbell snatches
- 15 burpees (no jumps)
- 20 dumbbell snatches
- 15 burpees (no jumps)
- 30 dumbbell snatches
- 15 burpees (no jumps)
- 40 dumbbell snatches
- 15 burpees (no jumps)
- 50 dumbbell snatches
- 15 burpees (no jumps)

 $\cup$2 35-lb. dumbbell$ 

*∂* 50-lb. dumbbell

Time cap: 20 min.

10 DUMBBELL SNATCHES	10	
15 BURPEES (NO JUMPS)	25	
20 DUMBBELL SNATCHES	45	TIME
15 BURPEES (NO JUMPS)	60	
30 DUMBBELL SNATCHES	90	TIME
15 BURPEES (NO JUMPS)	105	
40 DUMBBELL SNATCHES	145	TIME
15 BURPEES (NO JUMPS)	160	
50 DUMBBELL SNATCHES	210	TIME
15 BURPEES (NO JUMPS)	225	

	Time OR	Reps at 20 Minutes
Athlete Name	Print	Tiebreak Time
Workout Location	Judge Judge Name	Has judge passed CrossFit's Online Judges Course? Y / N
Affiliate Copy	esents the athlete's performance for this workout.	Athlete Signature Date
Athlete Copy WORKOUT 21.2 - ADAPTIVE - V	/ISIIAI IMPAIRMENT	Reps at 20 Minutes
Athlete Name	Print	Tiebreak Time
Workout Location	Judge Judge Name	Has judge passed CrossFit's Online Judges Course? Y / N
I confirm the information above accurately repre	esents the athlete's performance for this workout.	ludge Signature Date



17:00 PT THURSDAY, MARCH 18, THROUGH 17:00 PT MONDAY, MARCH 22



## WORKOUT 21.2 ———— ADAPTIVE - SHORT STATURE

For time:

10 dumbbell snatches

15 burpee broad jumps

20 dumbbell snatches

15 burpee broad jumps

30 dumbbell snatches

15 burpee broad jumps

40 dumbbell snatches

15 burpee broad jumps

50 dumbbell snatches

15 burpee broad jumps

 $\bigcirc$  20-lb. dumbbell, 2-inch-wide tape line  $\bigcirc$  35-lb. dumbbell, 2-inch-wide tape line Time cap: 20 min.

10 DUMBBELL SNATCHES	10	
15 BURPEE BROAD JUMPS	25	
20 DUMBBELL SNATCHES	45	TIME
15 BURPEE BROAD JUMPS	60	
30 DUMBBELL SNATCHES	90	TIME
15 BURPEE BROAD JUMPS	105	
40 DUMBBELL SNATCHES	145	TIME
15 BURPEE BROAD JUMPS	160	
50 DUMBBELL SNATCHES	210	TIME
15 BURPEE BROAD JUMPS	225	

	Time OR Re	eps at 20 Minutes	
Athlete Name		Tiebreak Time	
	Print		
Workout Location	Judge		Y/N
	Judge Name	Online Judges Course?	1 / IN
I confirm the information above accurately rep	presents the athlete's performance for this workout		
Affiliate Copy		Athlete Signature	Date
Athlete Copy			
WORKOUT 21.2 - ADAPTIVE -	SHORT STATURE Time OR Re	eps at 20 Minutes	
Athlete Name		Tiebreak Time	
	Print		
Workout Location	Judge	Has judge passed CrossFit's	Y/N
	Judge Name	Online Judges Course?	Y / IN
I confirm the information above accurately rep	presents the athlete's performance for this workout		
	•	Judge Signature	Date



17:00 PT THURSDAY, MARCH 18, THROUGH 17:00 PT MONDAY, MARCH 22



WORKO	JT 21.2	

#### **ADAPTIVE - SEATED WITH HIP FUNCTION**

For time:

10 lap DB snatches

15 chair U-turns

20 lap DB snatches

15 chair U-turns

30 lap DB snatches

15 chair U-turns

40 lap DB snatches

15 chair U-turns

50 lap DB snatches

15 chair U-turns

Time cap: 20 min.

10 LAP DB SNATCHES	10	
15 CHAIR U-TURNS	25	
20 LAP DB SNATCHES	45	TIME
15 CHAIR U-TURNS	60	
30 LAP DB SNATCHES	90	TIME
15 CHAIR U-TURNS	105	
40 LAP DB SNATCHES	145	TIME
15 CHAIR U-TURNS	160	
50 LAP DB SNATCHES	210	TIME
15 CHAIR U-TURNS	225	

Time OR Reps at 20 Minutes \_

Athlete Name		Tiebreak Time	
	Print		
Workout Location	Judge Judge Name	Has judge passed CrossFit's Online Judges Course?	Y/N
I confirm the information above accurately repres	sents the athlete's performance for this workout		
Affiliate Copy	·	Athlete Signature	Date
WORKOUT 21.2 - ADAPTIVE - SE	Tillie OK I	Reps at 20 Minutes	
Athlete Name	Print	Tiebreak Time	
Workout Location	Judge Judge Name	Has judge passed CrossFit's Online Judges Course?	Y/N
I confirm the information above accurately repres	sents the athlete's performance for this workout	ludge Signature	Date



17:00 PT, THURSDAY, MARCH 18, THROUGH 17:00 PT, MONDAY, MARCH 22



WORKOUT	21.	.2
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#### **ADAPTIVE - SEATED W/O HIP FUNCTION**

For time:

10 lap DB snatches

15 chair U-turns

20 lap DB snatches

15 chair U-turns

30 lap DB snatches

15 chair U-turns

40 lap DB snatches

15 chair U-turns

50 lap DB snatches

15 chair U-turns

 $\bigcirc$  15-lb. dumbbell, 20 inches for U-turns  $\bigcirc$  25-lb. dumbbell, 20 inches for U-turns

Time cap: 20 min.

10 LAP DB SNATCHES	10	
15 CHAIR U-TURNS	25	
20 LAP DB SNATCHES	45	TIME
15 CHAIR U-TURNS	60	
30 LAP DB SNATCHES	90	TIME
15 CHAIR U-TURNS	105	
40 LAP DB SNATCHES	145	TIME
15 CHAIR U-TURNS	160	
50 LAP DB SNATCHES	210	TIME
15 CHAIR U-TURNS	225	

Time OR Reps at 20 Minutes \_

Athlete Name Tiebreak Time			
	Print		
Workout Location		Has judge passed CrossFit's	Y/N
	Judge Name	Online Judges Course?	1714
I confirm the information above accurately repre	esents the athlete's performance for this workout		
Affiliate Copy	,	Athlete Signature	Date
Athlete Copy			
WORKOUT 21.2 - ADAPTIVE - S	SEATED W/O HIP FUNCTION Time OR Re	eps at 20 Minutes	
Athlete Name		Tiebreak Time	
	Print		
Workout Location	Judge	Has judge passed CrossFit's	
	Judge Name	Online Judges Course?	Y/N
I confirm the information above accurately repre	esents the athlete's performance for this workout		
, , , , , , , , , , , , , , , , , , , ,		Ludgo Cignaturo	Date



17:00 PT THURSDAY, MARCH 18, THROUGH 17:00 PT MONDAY, MARCH 22



## WORKOUT 21.2 —

#### **ADAPTIVE - INTELLECTUAL**

For time:

- 10 dumbbell snatches
- 15 burpee broad jumps
- 20 dumbbell snatches
- 15 burpee broad jumps
- 30 dumbbell snatches
- 15 burpee broad jumps
- 40 dumbbell snatches
- 15 burpee broad jumps
- 50 dumbbell snatches
- 15 burpee broad jumps

10 DUMBBELL SNATCHES	10	
15 BURPEE BROAD JUMPS	25	
20 DUMBBELL SNATCHES	45	TIME
15 BURPEE BROAD JUMPS	60	
30 DUMBBELL SNATCHES	90	TIME
15 BURPEE BROAD JUMPS	105	
40 DUMBBELL SNATCHES	145	TIME
15 BURPEE BROAD JUMPS	160	
50 DUMBBELL SNATCHES	210	TIME
15 BURPEE BROAD JUMPS	225	

Time OR Reps at 20 Minutes

		4		
Athlete Name		Tiebreak Time		
	Print			
Workout Location		Has judge passed CrossFit's Online Judges Course?	Y/N	
	Judge Name			
I confirm the information above accurately rep	presents the athlete's performance for this workout			
Affiliate Copy	·	Athlete Signature	Date	
Athlete Copy				
WORKOUT 21.2 - ADAPTIVE - 1	INTELLECTUAL Time OR Reps	at 20 Minutes		
Athlete Name		Tiebreak Time		
	Print			
Workout Location	Judge		V / NI	
	Judge Name	Online Judges Course?	Y/N	
I confirm the information above accurately rep	presents the athlete's performance for this workout			
		ludge Signature	Date	