

2011

Reebok CROSSFIT

GAMES OPEN

PROVE YOUR FITNESS

CFG OPEN 11.5

17:00 PDT Tuesday, April 19
through
17:00 PDT Sunday, April 24

WORKOUT

Complete as many rounds and reps as possible in 20 minutes of:

MEN

Includes Masters Men up to 54 years old

5 Power cleans (145lbs / 65kg)
10 Toes to bar
15 Wall balls (20lbs to 10' target)

WOMEN

Includes Masters Women up to 54 years old

5 Power cleans (100lbs / 45kg)
10 Toes to bar
15 Wall balls (14lbs to 9' target)

MASTERS *men*

Includes Masters Men 55+

5 Power cleans (130lbs / 60kg)
10 Toes to bar
15 Wall balls (20lbs to 9' target)

MASTERS *women*

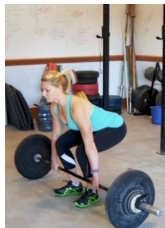
Includes Masters Women 55+

5 Power cleans (75lbs / 35kg)
10 Toes to bar
15 Wall balls (10lbs to 9' target)

MOVEMENT STANDARDS

Power clean

This is a standard Power clean from the ground to the shoulders.



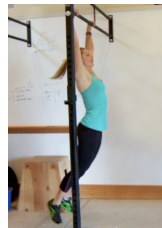
The barbell begins on the ground. Touch and go is permitted. No bouncing.



The barbell must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

Toes to bar

In the Toes to bar, the athlete must go from a full hang to having the toes touch the pull-up bar.



The arms and hips must be fully extended at the bottom and the feet must be brought back to behind the bar, not out front.



Both feet must touch the bar together at some point. The arms can be bent or straight.

Wall ball

In the Wall ball, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the specified target.



Using an additional ball, box or other object to check for proper depth is not allowed. If the ball is not caught between reps, it must come to a full stop on the ground. Bouncing the ball off the floor is not permitted.



The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall it is no rep.

REQUIRED EQUIPMENT:

To complete this workout, you will need a medicine ball and barbell loaded to the appropriate weight for your gender and age group, a pull-up bar, and a wall or target set at the specified height. Prior to starting the workout, the target height should be measured and clearly marked.

ADDITIONAL NOTES:

Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the number of rounds completed, plus the number of power cleans, plus the number of toes to bar, plus the number of wall balls in the final round (if incomplete).



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Complete as many rounds and reps as possible in 20 minutes of:
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 10 Toes to bar
 15 Wall balls

SCORE CARD

Athlete Name _____ Judge Name _____

ROUND #	POWER CLEAN	TOES TO BAR	WALL BALL
Round 1			
Round 2			
Round 3			
Round 4			
Round 5			
Round 6			
Round 7			
Round 8			
Round 9			
Round 10			
Round 11			
Round 12			
Round 13			
Round 14			
Round 15			
Round 16			
Round 17			
Round 18			
Round 19			
Round 20			
Round 21			
Round 22			
Round 23			
Round 24			
Round 25			
TOTAL COMPLETED	_____ Rounds		
ADDITIONAL REPS	_____ Power cleans	_____ Toes to bar	_____ Wall balls