



## WORKOUT 1

17:00 PT, FRIDAY, APRIL 3, THROUGH 12:00 PT, FRIDAY, APRIL 24

### WORKOUT 1

Complete as many rounds as possible in 10 minutes of:

- 10 squats
- 9 dumbbell snatches, right arm
- 10 push-ups
- 9 dumbbell snatches, left arm

♀ 35 lb. ♂ 50 lb.

### NOTES

The sequence for this workout is 10 squats followed by 9 snatches with the right arm. Then, 10 push-ups followed by 9 snatches with the left arm. Once you complete the round, return to the squats and continue working until you reach the 10-minute time cap.

If you don't have access to dumbbells, choose an object you can safely move from the ground to overhead in one motion. For all three movements, choose a weight or modification that allows you to work continuously within the range of motion for the duration of the workout.

Your score will be the total number of repetitions completed before the 10-minute time cap.

### POINTS OF PERFORMANCE

#### SQUAT

The squat begins and ends with the athlete standing tall with hips and knees fully extended. To complete a full range of motion, the hip crease should pass below the top of the knee at the bottom of the squat before returning to full extension at the top.

For a video demonstration of the squat click [here](https://www.crossfit.com/essentials/the-air-squat) (<https://www.crossfit.com/essentials/the-air-squat>)

- Shoulder-width stance
- Knees in line with toes
- Lumbar curve maintained
- Hips descend back and down
- Hips descent lower than knees
- Heels down
- Complete at full hip and knee extension

### EQUIPMENT

The prescribed weight of the dumbbells is 35 lb. for women and 50 lb. for men. However, the workout can be performed with any weight that is suitable for your fitness level. If you don't have access to dumbbells, any object you can safely take from the ground to over your head works just as well. Here are some creative substitutes:

- Dumbbell of a different weight
- Plastic milk jug
- Can of food
- Water bottle
- Kettlebell

For your convenience, the prescribed weights in kilograms are 15 kg (35 lb.) and 22.5 kg (50 lb.)

Be sure you have adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.





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### POINTS OF PERFORMANCE

#### DUMBBELL SNATCH

The dumbbell snatch begins with the dumbbell on the ground and the athlete standing tall. The dumbbell should be lifted overhead in one motion. At the top of the movement, the dumbbell should be locked out overhead, with the athlete's hips, knees, and arm fully extended, and the dumbbell directly over or slightly behind the middle of the body.

For a video demonstration of the dumbbell snatch click [here](https://www.crossfit.com/essentials/the-dumbbell-power-snatch) (<https://www.crossfit.com/essentials/the-dumbbell-power-snatch>)

- Hip-width stance
- Grip the center of the dumbbell
- Dumbbell starts on the ground between the feet
- Shoulders over or slightly in front of the dumbbell at setup
- Lumbar curve maintained
- Hips and shoulders rise at the same rate
- Then hips extend rapidly
- Heels down until hips and legs extend
- Shoulder shrugs, followed by a pull under with the arm
- Dumbbell is received in a partial overhead squat
- Complete at full hip and knee extension with the dumbbell over the middle of the foot



#### PUSH-UP

The push-up begins with the athlete in a plank position, arms fully extended. After lowering the chest and thighs to the ground, the athlete then pushes upward to return to the plank position.

For a video demonstration of the push-up click [here](https://www.crossfit.com/essentials/the-push-up) (<https://www.crossfit.com/essentials/the-push-up>)

- Hands on the ground shoulder-width apart
- Legs straight with only the balls of the feet on the ground
- Start with arms extended
- Lower chest and thighs to the ground
- Body remains rigid
- Elbows move closer to the hips than the shoulders
- Complete at full arm extension





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### SCALING OPTIONS

#### SQUAT



#### SINGLE-ARM SNATCH



#### PUSH-UP





## WORKOUT 1 SCORECARD

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9 dumbbell snatches, right arm

10 push-ups

9 dumbbell snatches, left arm

♀ 35 lb. ♂ 50 lb.

ROUNDS	10 SQUATS	9 DB SNATCH RIGHT ARM	10 PUSH-UPS	9 DB SNATCH LEFT ARM
1	10	19	29	38
2	48	57	67	76
3	86	95	105	114
4	124	133	143	152
5	162	171	181	190
6	200	209	219	228
7	238	247	257	266
8	276	285	295	304
9	314	323	333	342
10	352	361	371	380
11	390	399	409	418
12	428	437	447	456
13	466	475	485	494
14	504	513	523	532
15	542	551	561	570

### WORKOUT 1

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

Reps at 10 Min. \_\_\_\_\_

Affiliate Name \_\_\_\_\_

Performed as: Rx'd / Scaled  
Circle one