



## OPEN WEEK 1

17:00 PT, THURSDAY, FEB. 23 THROUGH 17:00 PT MONDAY, FEB. 27

Presented by



### WORKOUT 17.1 Rx'd (Ages 16-54)

For time:

10 snatches

15 burpee box jump-overs

20 snatches

15 burpee box jump-overs

30 snatches

15 burpee box jump-overs

40 snatches

15 burpee box jump-overs

50 snatches

15 burpee box jump-overs

*M 50-lb. dumbbell / 24-in. box*

*F 35-lb. dumbbell / 20-in. box*

**Time cap: 20 minutes**

### NOTES

Prior to starting this workout, each athlete will need to create a long straight line on the floor and place their box on the center of that line. This workout begins with the dumbbell resting on the floor and the athlete standing tall. At the call of "3, 2, 1... go!" the athlete will reach down and begin the dumbbell snatches, alternating arms after each repetition. Once all reps are complete, they will move to the box and perform 15 burpee box jump-overs, then move back to the snatch, etc. In each round the number of repetitions of the snatch will increase. This workout ends when the feet land on the ground on the other side of the box on the final rep.

Every second counts in this workout. The athlete's score will be the time it takes to complete all 225 repetitions. Time will be recorded in full seconds. Do not round up. If the athlete finishes in 10:32.7, their score is 10:32. There is a 20-minute time cap. If they do not finish all 225 reps before the time cap, their score will be the number of reps completed.

### TIEBREAK

If all 225 reps are completed within the time cap, there is no tiebreaker for this workout. If all 225 reps are NOT completed within the 20-minute time cap, your score will be the total number of reps completed, with ties being broken by the time of completion of your last full set of burpee box jump-overs. At the end of each set of burpee box jump-overs, time should be marked and recorded for score submission. In the case where two athletes have completed the same number of reps, the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

### EQUIPMENT

- Dumbbell of appropriate weight for your division\*†
- Box that is the appropriate height for your division. The top of the box must be at least 15-by-15 inches.
- Tape or line that bisects the burpee box jump area

\* Kilogram dumbbells cannot be used by athletes competing in the U.S. or Canada. If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed.

†The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

### VIDEO SUBMISSION STANDARDS

Prior to starting, film the dumbbell and box to be used so the loads and height can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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- 15 burpee box jump-overs
- 30 snatches
- 15 burpee box jump-overs
- 40 snatches
- 15 burpee box jump-overs
- 50 snatches
- 15 burpee box jump-overs

**Time cap: 20 minutes**

### VARIATIONS

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

Men use 50-lb. dumbbell and 24-in. box  
Women use 35-lb. dumbbell and 20-in. box

**Teenagers 14-15:**

Boys use 35-lb. dumbbell and 24-in. box  
Girls use 20-lb. dumbbell and 20-in. box

**Masters 55+:**

Men use 35-lb. dumbbell and 24-in. box, step-ups OK  
Women use 20-lb. dumbbell and 20-in. box, step-ups OK

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

Men use 35-lb. dumbbell and 20-in. box, step-ups OK  
Women use 20-lb. dumbbell and 20-in. box, step-ups OK

**Scaled Teenagers 14-15:**

Boys use 20-lb. dumbbell and 24-in. box, step-ups OK  
Girls use 10-lb. dumbbell and 20-in. box, step-ups OK

**Scaled Masters 55+:**

Men use 20-lb. dumbbell and 20-in. box, step-ups OK  
Women use 10-lb. dumbbell and 20-in. box, step-ups OK

### MOVEMENT STANDARDS

#### DUMBBELL SNATCHES



The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition.



At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.



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### MOVEMENT STANDARDS

#### BURPEE BOX JUMP-OVER



The burpee box jump-over starts with the athlete facing the box while touching their chest and thighs to the ground, and finishes with the athlete jumping over the box. In the bottom position, to ensure the athlete remains perpendicular to the box on each rep, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.

There is no requirement to stand tall while on top of the box. A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing.

Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

#### BURPEE BOX STEP-OVER (SCALED AND MASTERS 55+ ONLY)



The burpee box step-over starts with the athlete facing the box while touching their chest and thighs to the ground, and finishes with the athlete jumping or stepping over the box. In the bottom position, to ensure the athlete remains perpendicular to the box on each rep, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.

There is no requirement to stand tall while on top of the box. Only the athlete's feet may touch the box. The athlete may step up or jump on top of the box and then jump or step down on the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it.

Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.



# OPEN WEEK 1 SCORECARD (ALL)

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- 20 snatches
- 15 burpee box jump-overs
- 30 snatches
- 15 burpee box jump-overs
- 40 snatches
- 15 burpee box jump-overs
- 50 snatches
- 15 burpee box jump-overs

**Time cap: 20 minutes**

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	

## VARIATIONS

### Rx'd: (Ages 16-54)

Men use 50-lb. dumbbell and 24-in. box  
Women use 35-lb. dumbbell and 20-in. box

### Teenagers 14-15:

Boys use 35-lb. dumbbell and 24-in. box  
Girls use 20-lb. dumbbell and 20-in. box

### Masters 55+:

Men use 35-lb. dumbbell and 24-in. box, step-ups OK  
Women use 20-lb. dumbbell and 20-in. box, step-ups OK

### Scaled: (Ages 16-54)

Men use 35-lb. dumbbell and 20-in. box, step-ups OK  
Women use 20-lb. dumbbell and 20-in. box, step-ups OK

### Scaled Teenagers 14-15:

Boys use 20-lb. dumbbell and 24-in. box, step-ups OK  
Girls use 10-lb. dumbbell and 20-in. box, step-ups OK

### Scaled Masters 55+:

Men use 20-lb. dumbbell and 20-in. box, step-ups OK  
Women use 10-lb. dumbbell and 20-in. box, step-ups OK

TIME

Rx'd

Scaled

ATHLETE NAME \_\_\_\_\_ **TIME** \_\_\_\_\_  
Print

OR  
**REPS @ 20:00** \_\_\_\_\_ **TIEBREAK** \_\_\_\_\_

AFFILIATE \_\_\_\_\_ **JUDGE NAME** \_\_\_\_\_ **Has Judge passed Y / N**  
Name of Affiliate Print Initial CrossFit's Online Judges Course?

I confirm the information above accurately represents my performance for the workout \_\_\_\_\_  
Athlete Signature Date

Affiliate Copy

Athlete Copy

Rx'd

Scaled

ATHLETE NAME \_\_\_\_\_ **TIME** \_\_\_\_\_  
Print

OR  
**REPS @ 20:00** \_\_\_\_\_ **TIEBREAK** \_\_\_\_\_

AFFILIATE \_\_\_\_\_ **JUDGE NAME** \_\_\_\_\_ **Has Judge passed Y / N**  
Name of Affiliate Print Initial CrossFit's Online Judges Course?