



OPEN WEEK 2

17:00 PT THURSDAY, MARCH 2 THROUGH 17:00 PT MONDAY, MARCH 6

Presented by



WORKOUT 17.2 Rx'd (Ages 16-54)

Complete as many rounds and reps as possible in 12 minutes of:

2 rounds of:

50-ft. weighted walking lunge

16 toes-to-bars

8 power cleans

Then, 2 rounds of:

50-ft. weighted walking lunge

16 bar muscle-ups

8 power cleans

Etc., alternating between toes-to-bars and bar muscle-ups every 2 rounds.

M 50-lb. dumbbells

F 35-lb. dumbbells

NOTES

Prior to starting this workout, each athlete will need to mark a starting point on the floor, measure out 25 feet and make another mark on the floor at the turnaround point. Additionally, intermediate marks must be made at every 5-foot interval, each of which represents 1 rep of the lunge. This workout begins with the dumbbells resting on the floor and the athlete standing tall. At the call of "3, 2, 1 ... go," the athlete will lift the dumbbells to the shoulders and lunge forward with them for 25 feet, turn around and lunge back 25 feet. They then will perform 16 toes-to-bars and will finish the round with 8 dumbbell power cleans. Round 2 will be performed in the same fashion. For rounds 3 and 4, 16 bar muscle-ups will be performed in place of the toes-to-bars. Rounds 5 and 6 will go back to toes-to-bars, rounds 7 and 8 to bar muscle-ups, etc.

The athlete's score will be the total number of repetitions completed before the 12-minute time cap.

TIEBREAK

The scoring for this workout includes a tiebreak. At the end of each round (after the eighth power clean), time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your last full round. In the case where two athletes have the same score (total 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

- Dumbbells of appropriate weight for your division*†
- Pull-up bar
- Measuring tape
- Tape or chalk to mark lunge 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.).

If gym space is limited and a 25-foot lunge area is not available, athletes will be permitted to lunge back and forth in a smaller area so long as the 5-foot intervals still can be seen clearly. 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 dumbbells to be used so the loads can be seen clearly. Also film the measurement of the 25-foot lunge area and the 5-foot intermediate segments. 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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8 power cleans

Then, 2 rounds of:

50-ft. weighted walking lunge

16 bar muscle-ups*

8 power cleans

Etc., alternating between toes-to-bars and bar muscle-ups every 2 rounds.

* Movements vary by division.

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbells

Women use 35-lb. dumbbells

Teenagers 14-15:

Boys use 35-lb. dumbbells, perform toes-to-bars / bar muscle-ups

Girls use 20-lb. dumbbells, perform toes-to-bars / bar muscle-ups

Masters 55+:

Men use 35-lb. dumbbells, perform toes-to-bars / chest-to-bar pull-ups

Women use 20-lb. dumbbells, perform toes-to-bars / chest-to-bar pull-ups

Scaled: (Ages 16-54)

Men use 35-lb. dumbbells, perform hanging knee-raises / chin-over-bar pull-ups

Women use 20-lb. dumbbells, perform hanging knee-raises / chin-over-bar pull-ups

Scaled Teenagers 14-15:

Boys use 20-lb. dumbbells, perform hanging knee-raises / chin-over-bar pull-ups

Girls use 10-lb. dumbbells, perform hanging knee-raises / chin-over-bar pull-ups

Scaled Masters 55+:

Men use 20-lb. dumbbells, perform sit-ups / jumping chest-to-bar pull-ups

Women use 10-lb. dumbbells, perform sit-ups / jumping chest-to-bar pull-ups

MOVEMENT STANDARDS

WEIGHTED LUNGE



Each lunge begins with the dumbbells at the shoulders, the feet together, and the athlete standing tall. The rear head of the dumbbell must be clearly over or slightly behind the center of the athlete's body when viewed from profile.



A lunge rep will count when both heels are past the line, the athlete is standing tall with the dumbbells at the shoulders and all standards for the repetition have been met.



The trailing knee must make contact with the ground at the bottom of each lunge. The dumbbells must remain at the shoulders, and the hands must remain around the dumbbell handle for the duration of the rep. Releasing the grip on the handle and letting the dumbbell rest solely on the shoulder is not allowed. Walking lunges are required. Lunging in place is not allowed. Lunging more than 25 feet in one direction without turning around is not allowed.



The rep ends with the dumbbells still at the shoulders and the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. Shuffle steps between reps are not allowed. If the athlete fails to meet any standard during a step, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep or not keeping the dumbbells at the shoulders for the entire rep, the athlete must restart from behind the last 5-foot increment they successfully crossed. Similarly, if at any time during the lunge the dumbbells are lowered from the shoulders, the athlete must restart from behind the last 5-foot increment they successfully crossed.

MOVEMENT STANDARDS

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. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body.



Both feet must come into contact with the bar at the same time, inside the hands.

DUMBBELL POWER CLEAN



For the clean, the dumbbells begin on the ground, outside the athlete's feet. Touch-and-go is permitted, and only one head of each dumbbell is required to touch the floor between repetitions. No bouncing.



A muscle clean, power clean, squat clean or split clean may be used, as long as the dumbbells come up to the shoulders in one motion, the hips and knees are fully extended, the feet are in line, and the rear head of the dumbbell is clearly over or slightly behind the center of the athlete's body.

BAR MUSCLE-UPS



In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip.



At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.

MOVEMENT STANDARDS

HANGING KNEE-RAISE (SCALED ONLY)



The arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body.



At the top of the repetition, the athlete must raise the knees above the height of the hips.

CHIN-OVER-BAR PULL-UP (SCALED ONLY)



This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom with the feet off the ground.



At the top of the movement, the chin must break the horizontal plane of the bar.

CHEST-TO-BAR PULL-UP (MASTERS 55+ ONLY)



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground.



At the top, the chest must clearly come into contact with the bar below the collarbone.



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MOVEMENT STANDARDS

ABMAT SIT-UP (SCALED MASTERS 55+ONLY)



Each rep of the sit-up begins with the athlete's back in contact with the floor, their knees bent with their feet anchored, and their hands touching the floor above their head.



At the top, the athlete will raise their torso so their chest is upright and their hands touch their toes or the dumbbells.



AbMats are permitted.

MOVEMENT STANDARDS

JUMPING CHEST-TO-BAR PULL-UP (SCALED MASTERS 55+ ONLY)



For the jumping chest-to-bar pull-up, the bar should be at least six inches above the top of the athlete's head when standing tall.



The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom of the movement, the athlete must lower their body so the arms are fully extended.



At the top, the chest must clearly come into contact with the bar below the collarbone.



OPEN WEEK 2 SCORECARD

17:00 PT THURSDAY, MARCH 2 THROUGH 17:00 PT MONDAY, MARCH 6

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WORKOUT 17.2

12-min. AMRAP

2 rounds of:

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16 toes-to-bars*

8 power cleans

Then, 2 rounds of:

50-ft. weighted walking lunge

16 bar muscle-ups*

8 power cleans

Etc., alternating between toes-to-bars and bar muscle-ups every 2 rounds.

* Movements vary by division.

ROUND	LUNGE (10)	T2B/MU (16)	CLEAN (8)	
1		T2B*		34
2		T2B*		Time 68
3		MU*		Time 102
4		MU*		Time 136
5		T2B*		Time 170
6		T2B*		Time 204
7		MU*		Time 238
8		MU*		Time 272
9		T2B*		Time 306
10		T2B*		Time 340

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Rx'd

Scaled

ATHLETE NAME _____

Print

REPS _____

TIEBREAK _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

Has Judge passed Y / N
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

WORKOUT 17.2

ATHLETE NAME _____

Print

REPS _____

TIEBREAK _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

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