



## OPEN WEEK 3

17:00 PT THURSDAY, MARCH 9 THROUGH 17:00 PT MONDAY, MARCH 13

Presented by



### WORKOUT 17.3 Rx'd (Ages 16-54)

Prior to 8:00, complete:

3 rounds of:

6 chest-to-bar pull-ups

6 squat snatches (95 / 65 lb.)

Then, 3 rounds of:

7 chest-to-bar pull-ups

5 squat snatches (135 / 95 lb.)

\*Prior to 12:00, complete 3 rounds of:

8 chest-to-bar pull-ups

4 squat snatches (185 / 135 lb.)

\*Prior to 16:00, complete 3 rounds of:

9 chest-to-bar pull-ups

3 squat snatches (225 / 155 lb.)

\*Prior to 20:00, complete 3 rounds of:

10 chest-to-bar pull-ups

2 squat snatches (245 / 175 lb.)

Prior to 24:00, complete 3 rounds of:

11 chest-to-bar pull-ups

1 squat snatch (265 / 185 lb.)

\*If all reps are completed, time cap extends by 4 minutes.

### NOTES

This workout begins with the athlete standing under the pull-up bar. At the call of "3, 2, 1 ... go," the athlete will have 8 minutes to perform 3 rounds of 6 chest-to-bar pull-ups and 6 squat snatches, AND 3 rounds of 7 chest-to-bar pull-ups and 5 squat snatches. If all 72 repetitions are not completed within 8 minutes, the athlete's workout is over, and they will stop and record their score.

If all 72 repetitions are completed within the 8-minute window, the athlete will earn an additional 4 minutes to continue with the couplet. If all 108 reps (36 from rounds 1-3, 36 from rounds 4-6 and 36 from rounds 7-9) are completed by the 12-minute mark, the time will once again be extended by 4 minutes. Throughout the workout, after every 3 complete rounds, the reps of the pull-up will increase, the reps of the snatch will decrease, and the barbell will get heavier. **Once a 3-round section is completed, the athlete may immediately begin their next section. They do not need to wait for the 4-minute window to expire before moving on to the next section.** This pattern will continue for up to 24 minutes, as long as 3 rounds of the couplet are completed before each cutoff.

This workout is over when the athlete completes all the required work prior to 24 minutes or fails to complete all the repetitions within the cutoff time for a section. The athlete's score is their time if they complete the workout or the number of repetitions completed up to their cutoff time.

In this workout, another person may assist the athlete in changing the plates on the barbell during the workout, or multiple barbells may be used.

### TIEBREAK

If all 216 reps are completed prior to the 24-minute time cap, your score will be your total time and there will be no tiebreaker. However, if you are not able to complete the entire workout in the allotted time, a tiebreaker will be factored into your final score. During the workout, be sure to note your time at the end of each 3-round section. When you submit your score, there will be a space for your final rep count and an additional field for you to enter the elapsed time at which you completed your last full 3-round section. 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

- Pull-up bar
- Barbell
- Collars
- Standard bumper plates (18 inches in diameter) to load to the appropriate weight for your division

\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 15 kg (35 lb.), 20 kg (45 lb.), 25 kg (55 lb.), 29 kg (65 lb.), 34 kg (75 lb.), 43 kg (95 lb.), 47 kg (105 lb.), 52 kg (115 lb.), 61 kg (135 lb.), 70 kg (155 lb.), 79 kg (175 lb.), 83 kg (185 lb.), 93 kg (205 lb.), 102 kg (225 lb.), 111 kg (245 lb.) and 120 kg (265 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 plates and barbell(s) to be used so the loads 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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1 squat snatch (265 / 185 lb.)

\*If all reps are completed, time cap extends by 4 minutes.

### VARIATIONS

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

Men use 95-135-185-225-245-265 lb.

Women use 65-95-135-155-175-185 lb.

#### **Teenagers 14-15:**

Chin-over-bar pull-ups

Squat snatches

Boys use 75-105-135-155-185-205 lb.

Girls use 45-75-95-115-135-155 lb.

#### **Masters 55+:**

Chin-over-bar pull-ups

Squat snatches or power snatches with overhead squats permitted

Men use 75-105-135-155-185-205 lb.

Women use 45-75-95-115-135-155 lb.

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

Jumping chin-over-bar pull-ups

Squat snatches or power snatches with overhead squats permitted

Men use 45-75-95-115-135-155 lb.

Women use 35-55-65-75-95-105 lb.

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

Jumping chin-over-bar pull-ups

Squat snatches or power snatches with overhead squats permitted

Boys use 45-75-95-115-135-155 lb.

Girls use 35-55-65-75-95-105 lb.

#### **Scaled Masters 55+:**

Jumping chin-over-bar pull-ups

Squat snatches or power snatches with overhead squats permitted

Men use 45-75-95-115-135-155 lb.

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### MOVEMENT STANDARDS

#### CHEST-TO-BAR PULL-UP



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.

#### SQUAT SNATCH



The barbell begins on the ground and must be lifted overhead in one motion. Touch-and-go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition.

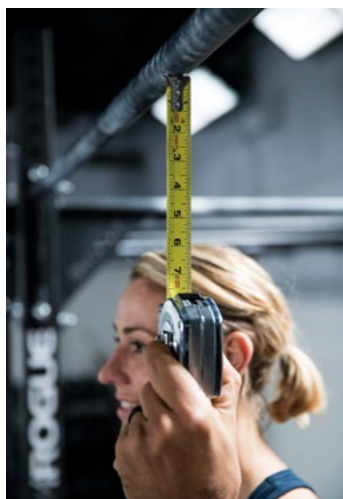
In every division, the athlete must pass through a full squat with hips below the knees. For the Rx'd division, catching the bar while above parallel will only be allowed if the athlete continues to drop below parallel in a smooth motion, without pausing or rising before achieving the required depth. A power snatch followed by an overhead squat will not be allowed.

Scaled divisions and some masters divisions are not required to catch the bar below parallel and will be permitted to power snatch, pause or stand, and then proceed to the bottom of the overhead squat.

The barbell must come to full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body. This is not a ground-to-overhead any way.

## MOVEMENT STANDARDS

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



For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when standing tall.



At the bottom, the arms must be fully extended.



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

### CHIN-OVER-BAR PULL-UP (TEENAGERS AND MASTERS 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, the chin must break the horizontal plane of the bar.



# OPEN WEEK 3 SCORECARD (RX'D)

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- 6 squat snatches (95 / 65 lb.)

Then, 3 rounds of:

- 7 chest-to-bar pull-ups
- 5 squat snatches (135 / 95 lb.)

\*Prior to 12:00, 3 rounds of:

- 8 chest-to-bar pull-ups
- 4 squat snatches (185 / 135 lb.)

\*Prior to 16:00, 3 rounds of:

- 9 chest-to-bar pull-ups
- 3 squat snatches (225 / 155 lb.)

\*Prior to 20:00, 3 rounds of:

- 10 chest-to-bar pull-ups
- 2 squat snatches (245 / 175 lb.)

Prior to 24:00, 3 rounds of:

- 11 chest-to-bar pull-ups
- 1 squat snatch (265 / 185 lb.)

\*If all reps are completed, time cap extends by 4 minutes.

	Pull-up	Snatch	Pull-up	Snatch	Pull-up	Snatch	
95 / 65 lb.	6	6	6	6	6	6	36
135 / 95 lb.							TIME
8:00	7	5	7	5	7	5	72
185 / 135 lb.							TIME
12:00	8	4	8	4	8	4	108
225 / 155 lb.							TIME
16:00	9	3	9	3	9	3	144
245 / 175 lb.							TIME
20:00	10	2	10	2	10	2	180
265 / 185 lb.							TIME
24:00	11	1	11	1	11	1	216
							TIME

TOTAL REPS \_\_\_\_\_

## VARIATIONS

See Page 6

Rx'd

ATHLETE NAME \_\_\_\_\_ TOTAL REPS \_\_\_\_\_  
Print

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

## WORKOUT 17.3

Rx'd

ATHLETE NAME \_\_\_\_\_ TOTAL REPS \_\_\_\_\_  
Print

TIEBREAK \_\_\_\_\_

AFFILIATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ Has Judge passed Y / N  
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	Pull-up	Snatch	Pull-up	Snatch	Pull-up	Snatch	
LOAD	6	6	6	6	6	6	36
LOAD							TIME
8:00	7	5	7	5	7	5	72
LOAD							TIME
12:00	8	4	8	4	8	4	108
LOAD							TIME
16:00	9	3	9	3	9	3	144
LOAD							TIME
20:00	10	2	10	2	10	2	180
LOAD							TIME
24:00	11	1	11	1	11	1	216
							TIME

TOTAL REPS \_\_\_\_\_

## VARIATIONS

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Women use 65-95-135-155-175-185 lb.

### Teenagers 14-15:

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Squat snatches  
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Girls use 45-75-95-115-135-155 lb.

### Masters 55+:

Chin-over-bar pull-ups  
Squat snatches or power snatches with overhead squats permitted  
Men use 75-105-135-155-185-205 lb.  
Women use 45-75-95-115-135-155 lb.

### Scaled: (Ages 16-54)

Jumping chin-over-bar pull-ups  
Squat snatches or power snatches with overhead squats permitted  
Men use 45-75-95-115-135-155 lb.  
Women use 35-55-65-75-95-105 lb.

### Scaled Teenagers 14-15:

Jumping chin-over-bar pull-ups  
Squat snatches or power snatches with overhead squats permitted  
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Rx'd  
 Scaled

ATHLETE NAME \_\_\_\_\_ TOTAL REPS \_\_\_\_\_  
Print

AFFILIATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ TIEBREAK \_\_\_\_\_  
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N

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

Affiliate Copy

Athlete Copy

## WORKOUT 17.3

ATHLETE NAME \_\_\_\_\_ TOTAL REPS \_\_\_\_\_  
Print

AFFILIATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ TIEBREAK \_\_\_\_\_  
Name of Affiliate Print Initial

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Rx'd  
 Scaled