OPEN WEEK 2
17:00 PT, THURSDAY, OCTOBER 17, THROUGH 17:00 PT, MONDAY, OCTOBER 21

WORKOUT 20.2
Complete as many rounds as possible in 20 minutes of:
4 dumbbell thrusters
6 toes-to-bars
24 double-unders
♀ 35-lb. dumbbells ♂ 50-lb. dumbbells

WORKOUT VARIATIONS
Rx’d (Ages 16-54)
♀ 35-lb. DBs ♂ 50-lb. DBs
Scaled (Ages 16-54)
♀ 20-lb. DBs, hanging knee-raises, single-unders ♂ 35-lb. DBs, hanging knee-raises, single-unders
Teenagers 14-15
♀ 20-lb. DBs ♂ 35-lb. DBs
Scaled Teenagers 14-15
♀ 15-lb. DBs, hanging knee-raises, single-unders ♂ 20-lb. DBs, hanging knee-raises, single-unders
Masters 55+
♀ 20-lb. DBs ♂ 35-lb. DBs
Scaled Masters 55+
♀ 15-lb. DBs, sit-ups, single-unders ♂ 20-lb. DBs, sit-ups, single-unders

NOTES
This workout begins with the dumbbells on the floor and the athlete standing tall. After the call of “3, 2, 1 ... go,” the athlete may begin performing thrusters. After 4 reps of thrusters are completed, the athlete will advance to a pull-up bar to perform toes-to-bars. After 6 reps of toes-to-bars are completed, the athlete will move to a jump rope and complete 24 double-unders before returning to the thrusters for the next round.
The athlete's score will be the total number of repetitions completed before the 20-minute time cap. There is no tiebreak for this workout.

EQUIPMENT
• Pull-up bar
• Jump rope
• Dumbbells of the appropriate weight for your division*

*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 7.5 kg (15 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
• Film the pull-up bar and dumbbells so the loads can be seen clearly.
• Videos must be uncut and unedited to accurately display the performance.
• Your judge and a clock or timer must be visible throughout the workout.
• Shoot the video so all exercises can be seen clearly meeting the movement standards.
• Videos shot with a fisheye lens or similar lens may be rejected.
MOVEMENT STANDARDS

DUMBBELL THRUSTER

• Each set of dumbbell thrusters begins with dumbbells on the ground.
• Hold the dumbbells in the front-rack position during the squat.
• Dumbbells move from the bottom of a front squat to full lockout overhead.
• A full squat clean into the thruster is allowed when the dumbbells are taken from the floor.
• The hip crease must clearly pass below the top of the knees in the bottom position.

• The rep is credited when:
  - the dumbbells are locked out overhead, with the hips, knees, and arms fully extended.
  - both dumbbells are directly over or slightly behind the middle of the body.
• Continue pressing the weight up until lockout. Re-dipping during the press (i.e., performing a jerk) will result in a “no rep.”
• Athletes may not receive any assistance moving the dumbbells.

TOES-TO-BAR

• Begin by hanging from the pull-up bar with arms extended.
• Heels must be brought back behind the bar.
• Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.
• Overhand, underhand, or mixed grips are all permitted.

• The rep is credited when both feet come in contact with the bar at the same time, between the hands.
• Any part of the feet may make contact with the bar.
MOVEMENT STANDARDS

DOUBLE-UNDER

- The rope passes under the feet twice for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

HANGING KNEE-RAISE (SCALED ONLY)

- Scaled athletes and scaled teens may perform hanging knee-raises.
- Begin by hanging from the pull-up bar with arms extended.
- Heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when the knees are above the hips.
MOVEMENT STANDARDS

SIT-UP (SCALED MASTERS ONLY)

- Scaled masters may perform sit-ups.
- Begin with the back in contact with the floor, feet anchored, and hands touching the floor above the head.
- AbMats are permitted.
- Raise the torso until the hands touch the toes or dumbbells.

SINGLE-UNDER (SCALED ONLY)

- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.
## WORKOUT 20.2
Complete as many rounds as possible in 20 minutes of:
- 4 dumbbell thrusters
- 6 toes-to-bars
- 24 double-unders

### WORKOUT VARIATIONS

- **Rx'd (Ages 16-54)**
  - □ 35-lb. DBs
  - □ 50-lb. DBs
- **Scaled (Ages 16-54)**
  - □ 20-lb. DBs, hanging knee-raises, single-unders
  - □ 35-lb. DBs, hanging knee-raises, single-unders
- **Teenagers 14-15**
  - □ 20-lb. DBs
  - □ 35-lb. DBs
- **Scaled Teenagers 14-15**
  - □ 15-lb. DBs, hanging knee-raises, single-unders
  - □ 20-lb. DBs, hanging knee-raises, single-unders
- **Masters 55+**
  - □ 20-lb. DBs
  - □ 35-lb. DBs
- **Scaled Masters 55+**
  - □ 15-lb. DBs, sit-ups, single-unders
  - □ 20-lb. DBs, sit-ups, single-unders

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<th>24 DOUBLE-UNDERS</th>
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### TOTAL REPS

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**Athlete Name**

**Workout Location**

**Name of Affiliate**

**Judge Signature**

**Date**

**Athlete Copy**

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**Athlete Name**

**Workout Location**

**Name of Affiliate**

**Judge Signature**

**Date**

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