

WORKOUT 1

For time:

500-m row

30 single-arm dumbbell bench presses

1,000-m row

20 single-arm dumbbell bench presses

2,000-m row

10 single-arm dumbbell bench presses

♀ 40-lb dumbbell

♂ 60-lb dumbbell

Time cap: 30 minutes

NOTES

Prior to starting the workout, set up the floor plan as shown. The camera must be placed by the rower, and the monitor must be clearly visible. If the monitor is not visible, your submission may be invalidated. The bench press setup must also be clearly visible in the background. **Take a short video to test and review your setup BEFORE you start the workout so you can verify the monitor is clearly visible.**

Begin the workout seated on the rower with your hands off the paddle. After the call of "3, 2, 1 ... go," begin rowing. Once the rower reads at least 500 m, move to the single-arm dumbbell bench press and complete 30 reps. Then, row 1,000 m before returning to the bench for 20 reps. Finally, complete a 2,000-m row and 10 bench presses. Time stops when you reach lockout on the final bench press.

Your score will be the total time taken to complete the workout. In the event of a time cap, your score will be the total number of repetitions completed at the 30-minute mark. There is no tiebreak for this workout.

Note: If you reach the time cap on the rower, each 250 m will count as 1 repetition.

After the workout is complete, walk to the camera and state the password BEFORE turning off or moving the camera.

EQUIPMENT

- Concept2 rower
- Dumbbell of appropriate weight*
- Flat bench

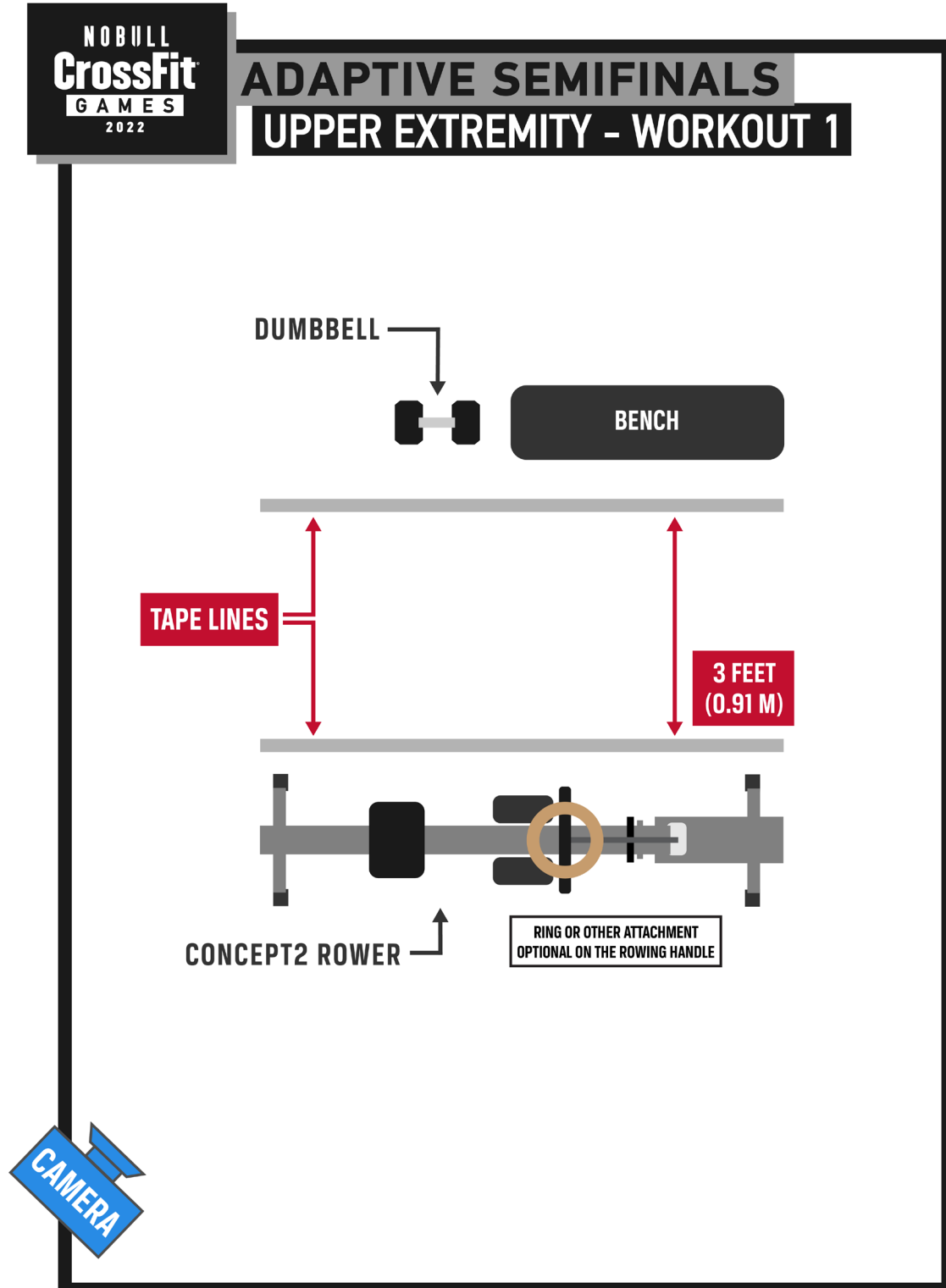
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 17.5 kg (40 lb) and 27.5 kg (60 lb).

Be sure you have 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. Unless otherwise stated, you may not receive assistance with your equipment during the workout.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a ¾ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 ft (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.
- After the workout is complete, **STATE THE PASSWORD** before turning off or moving the camera.



MOVEMENT STANDARDS

ROW



- Use a Concept2 rower.
- The monitor must be clearly visible in your video.
- The monitor on the rower must be set to zero at the beginning of each row.
- You may receive assistance resetting the rower between rounds.
- Start seated on the rower with your hands off the paddle until after the call of "3, 2, 1 ... go."
- You must stay seated on the rower with your hands on the paddle until the monitor reads the designated distance during each round.
- A ring or other attachment may be used on the rowing handle.

SINGLE-ARM DUMBBELL BENCH PRESS



- You may use any available flat bench.
- You may place bumper plates under your feet.
- You may **NOT** floor press or use a bench with any incline or decline.
- You must use the same arm throughout the workout.

MOVEMENT STANDARDS

SINGLE-ARM DUMBBELL BENCH PRESS (CONTINUED)



- Each rep starts with full extension of the arm and the dumbbell over your torso.
- A spotter may **NOT** be used to assist with placing the dumbbell in the starting position.
- Your feet must remain on the floor (or bumper plates) throughout the entire movement.
- Your shoulders and buttocks must remain in contact with the bench throughout the movement.
- During the lift, if your feet come off the floor (or bumper plates) at any point, or your shoulders and/or buttocks come off the bench, the rep will not count.



- The dumbbell must make contact with any part of the torso at the bottom.
- You may **NOT** pause or rest with the dumbbell on your torso.



- The rep counts when your arm returns to full extension with the dumbbell over your torso.
- If a spotter touches you or the dumbbell at any point, it is an immediate no rep.



Head to www.nobullproject.com/crossfit to shop the official training footwear and apparel of CrossFit.

NOBULL

ONLINE SEMIFINALS
ADAPTIVE - UPPER EXTREMITY

12 P.M. (NOON) PT THURSDAY, JUNE 2, THROUGH 12 P.M. (NOON) PT FRIDAY, JUNE 3

Presented by

NOBULL

WORKOUT 1

For time:

500-m row
30 single-arm dumbbell bench presses
1,000-m row
20 single-arm dumbbell bench presses
2,000-m row
10 single-arm dumbbell bench presses

♀ 40-lb dumbbell

♂ 60-lb dumbbell

Time cap: 30 minutes

500-M ROW	EVERY 250 METERS = 1 REP	2
30 SINGLE-ARM DUMBBELL BENCH PRESSES		32
1,000-M ROW	EVERY 250 METERS = 1 REP	36
20 SINGLE-ARM DUMBBELL BENCH PRESSES		56
2,000-M ROW	EVERY 250 METERS = 1 REP	64
10 SINGLE-ARM DUMBBELL BENCH PRESSES		74

Athlete Name _____
Print

Time or Reps at 30 Min. _____

Workout Location _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Athlete Copy

SEMIFINALS - UPPER EXTREMITY - WORKOUT 1

Athlete Name _____
Print

Time or Reps at 30 Min. _____

Workout Location _____

Judge _____
Judge Name

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date