OPEN WEEK 2
12 P.M. (NOON) PT THURSDAY, FEB. 23, THROUGH 5 P.M. PT MONDAY, FEB. 27

23.2A AND 23.2B - FOUNDATIONS:

23.2A:
Complete as many reps as possible in 15
minutes of:
5 burpees
10 shuttle runs or walks (1 rep = 50 ft)
*Add 5 burpees after each round.

23.2B:
Immediately following 23.2A, athletes will
have 5 minutes to establish:
1-rep-max thruster for best technique
and load

Time begins immediately following the
completion of 23.2A.
Start with the stick and only add load if
technique is sound.
If performing this workout without a coach,
err on the side of safety and don’t worry
about adding load as you go.

If your technique is sound, you may rest, increase the load
slightly, and try again. You can make as many attempts
as you'd like before the 5-minute time cap. However, we
recommend keeping the total number of attempts low as
you may feel a lot of fatigue from completing 23.2A.
Your score will be the heaviest weight (in pounds) you
successfully lift.
Be sure you have adequate space to safely complete all
the movements. Clear the area of all extra equipment,
person, or other obstructions.
Tests 23.2A and 23.2B must be completed together.

TIEBREAK
There is no tiebreak for 23.2A.
If athletes tie on the weight lifted in 23.2B, their score on
23.2A will be used as a tiebreak. The athlete with more
reps completed on 23.2A will win the tie.

EQUIPMENT
• Tape to mark the floor.
• Stick or barbell.
• Bumper plates (if necessary).*
• Collars.
* The official weight must be recorded in pounds. If
converting kilograms to pounds, round up to the nearest
pound.
Any weight increases with change plates must result in
a whole number (no decimal points). Collars cannot be
included in the weight.
Be sure the athlete has adequate space to safely complete
all movements. Clear the area of all extra equipment,
person, or other obstructions.
Any athlete who in any way alters the equipment or
movements described in this document or shown in
the test standards video may be disqualified from the
competition. Unless otherwise stated, athletes may not
receive assistance with their equipment during the test.

NOTES
Before starting, mark a 25-ft length on the floor to be
used during the shuttle run or walk. Each complete trip of
50 ft (25 ft down and 25 ft back) counts as 1 rep.
After “3, 2, 1 ... go,” begin by completing 5 burpees, then
complete 10 shuttle runs or walks. After returning from
the final shuttle run or walk, complete 10 burpees and
10 shuttle runs or walks. Continue in this fashion, adding
5 burpees after each completed set of shuttle runs, until
time runs out.
Your score will be the total number of repetitions
completed before the 15-minute time cap.
Test 23.2B begins immediately after 23.2A ends. The
intention of this test is to start the 5-minute timer as soon
as you finish 23.2A, but if you are participating in the
foundations division only, you may rest as needed. Prior
to starting the test, find an unweighted stick.
Begin the test with the stick and complete 1 thruster while
maintaining excellent movement mechanics.
VIDEO SUBMISSION STANDARDS

• Film ALL competition area measurements so the distances and weights can be seen clearly.
• 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 feet off the ground.
• Videos must be uncut and unedited to accurately display the performance.
• A clock or timer must be visible throughout the test.
• 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.
POINTS OF PERFORMANCE

BURPEE (OPTION 1)

• Place both hands on the ground.
• Jump or step back into a plank position and complete a push-up.
• Jump or step forward to a squat position.
• Stand and clap your hands overhead.

BURPEE (OPTION 2)

• Place your hands on an elevated surface to reduce the challenge of the push-up.
POINTS OF PERFORMANCE
BURPEE (OPTION 3)

• Omit the push-up.
• For a video demonstration of the burpee, click [here](#).
OPEN WEEK 2
12 P.M. (NOON) PT THURSDAY, FEB. 23, THROUGH 5 P.M. PT MONDAY, FEB. 27

POINTS OF PERFORMANCE
SHUTTLE RUN/WALK

1 REP = 50 FT (15.24 M)

- Each rep of the shuttle run = 50 ft (15.24 m)
  - 25 ft (7.62 m) down + 25 ft (7.62 m) back.

- At each turnaround, both feet and one hand must touch the ground over the line before you may return.

- When you return past the line you started from, that is 1 rep.

- Each rep starts with the feet clearly behind the start line.
- Run or walk for 25 ft in one direction and turn around.
POINTS OF PERFORMANCE

THRUSTER (OPTION 1)

• Start with your feet slightly wider than shoulder width.
• Keep your heels down and your knees in line with your toes while maintaining a neutral spine and keeping your eyes on the horizon.
• Descend until your hips are slightly lower than your knees.
• Stand back up until your hips and legs are fully extended.
• Finally, press the stick overhead until your arms are extended and the stick is over the middle of your body.

THRUSTER (OPTION 2 - REDUCED RANGE OF MOTION)

• Squat to an elevated surface by using a chair or couch to sit and stand.
• For a video demonstration of the thruster to an elevated surface, click here.
23.2A - FOUNDATIONS:
Complete as many reps as possible in 15 minutes of:
5 burpees
10 shuttle runs or walks (1 rep = 50 ft)
*Add 5 burpees after each round.

23.2B begins immediately upon completing 23.2A.

TEST TIMELINE
0 - 15 minutes = 23.2A
15 - 20 minutes = 23.2B

Athlete Name ________________________________
Test Location ________________________________
Judge ________________________________

I confirm the information above accurately represents the athlete's performance for this test.

Athlete Signature ____________________________ Date ____________

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

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## 23.2B - FOUNDATIONS:

23.2B begins immediately upon completing 23.2A.

### 23.2B:

Athletes will have 5 minutes to establish:

1-rep-max thruster for best technique and load

**Time cap: 5 minutes**

Start with the stick and only add load if technique is sound.

*If performing this workout without a coach, err on the side of safety and don't worry about adding load as you go.*

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<tr>
<th>LOAD (WEIGHT IN POUNDS)</th>
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<td>ATTEMPT 8</td>
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**Athlete Name** ___________________________  **Heaviest Load (in Pounds)** __________

**Test Location** ___________________________  **Judge** ___________________________

**Judge Name** ___________________________  **Has judge passed CrossFit's Online Judges Course?**  Y / N

I confirm the information above accurately represents the athlete's performance for this test.  

______________________________  ________________

Athlete Signature  Date

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**TEST 23.2B - FOUNDATIONS**

**Athlete Name** ___________________________  **Heaviest Load (in Pounds)** __________

**Test Location** ___________________________  **Judge** ___________________________

**Judge Name** ___________________________  **Has judge passed CrossFit's Online Judges Course?**  Y / N

I confirm the information above accurately represents the athlete's performance for this test.  

______________________________  ________________

Judge Signature  Date

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