

26.2 - FOUNDATIONS:

For time:

80-foot walking lunge
20 alternating dumbbell snatches
20 bent-over rows
80-foot walking lunge
20 alternating dumbbell snatches
20 ring rows
80-foot walking lunge
20 alternating dumbbell snatches
20 jumping pull-ups

Time cap: 15 minutes

♀ 20-lb (10-kg) dumbbell

♂ 35-lb (15-kg) dumbbell

**The loads are a suggested starting point. If you are completing all the workouts in the Foundations division, you are free to decrease or increase the load as your skill level allows.*

QUICK START

- Start standing tall behind the line.
- At “go,” complete an 80-foot walking lunge (unweighted) in 20-foot sections.
 - Turn around after completing every 20 feet of lunging.
- After the final lunge, complete 20 alternating dumbbell snatches.
 - You must switch arms after every successful rep.
- Then, complete 20 bent-over rows.
- Move back to the start of the lunge and complete 80 feet of walking lunges.
- Then, complete 20 alternating dumbbell snatches and 20 ring rows.
- Complete the final 80 feet of walking lunges and 20 alternating dumbbell snatches.
- Move to the bar and complete 20 jumping pull-ups.
- Time stops when the athlete’s chin is over the bar on the final jumping pull-up.

NOTES

- For safety, the dumbbell must remain at least 5 feet away from the pull-up bar.
- As long as 80 feet of walking lunges are completed, the lunge track may be shorter than 20 feet, but cannot be longer than 20 feet.
 - Each “rep” of the walking lunge is 20 feet, regardless of the distance used.
 - For athletes who choose to do stationary supported lunges, 20 lunges total per round is acceptable. For scoring purposes, every 5 supported lunges will count as one 20-foot length.

OPEN WEEK 2

12 P.M. (NOON) PT THURSDAY, MARCH 5, THROUGH 5 P.M. PT MONDAY, MARCH 9

IMPORTANT - DAYLIGHT SAVING TIME IS OBSERVED SUNDAY, MARCH 8, IN THE UNITED STATES. TAKE THIS INTO ACCOUNT WHEN SUBMITTING YOUR SCORE SO YOU DO NOT MISS THE SUBMISSION DEADLINE.



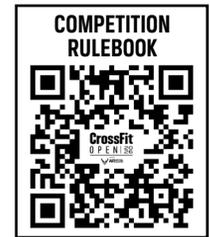
TIEBREAK

- A tiebreak time will be taken after each set of dumbbell snatches.
- Athletes who complete the workout under the time cap will not enter a tiebreak score.
- The **LAST** completed set of dumbbell snatches will be your tiebreak time.
- In the event of a tie on reps completed, the athlete with the faster tiebreak time will win the tie.

EQUIPMENT

- Dumbbell
- Pull-up bar
- Barbell or stick for the bent-over row
- Tape, cones, or any other object to mark the 20-foot lunge distance
- Box or similar object for jumping pull-ups

Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details, weight conversions, and video submission standards.



SHOP ROGUE GEAR



POINTS OF PERFORMANCE

WALKING LUNGE (OPTION 1)



- Start each lunge section standing tall with both feet in line behind the line.
- Touch the trailing knee to the ground.
 - There is no requirement to alternate legs between steps.
- Extend the knees and hips at the top of each rep.
- Turn around after completing each 20-foot section.

LUNGE (OPTION 2 - SUPPORTED LUNGE)



- Use a PVC pipe, chair, or other object for support.
- Start each lunge standing tall.
- Touch the trailing knee to the ground or as close as possible.
 - There is no requirement to alternate legs between steps.
- Extend the knees and hips at the top of each rep.
- 20 lunges total per round is acceptable if doing stationary supported lunges.
 - For scoring purposes, every 5 stationary supported lunges will count as one 20-foot length.

OPEN WEEK 2

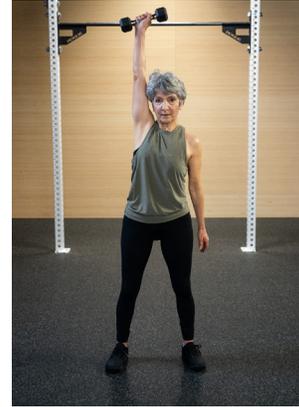
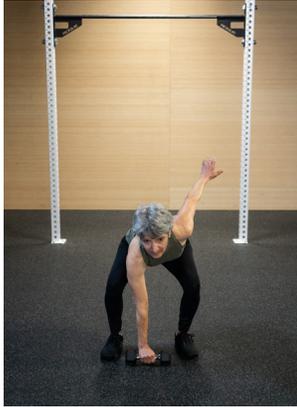
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POINTS OF PERFORMANCE

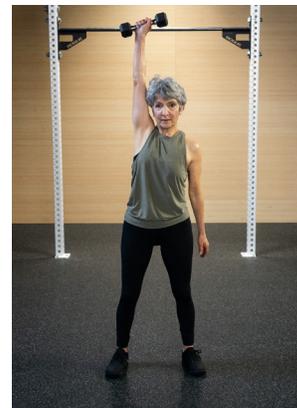
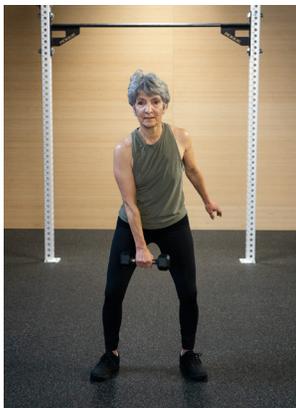
DUMBBELL SNATCH (OPTION 1)



Note: If you don't have a dumbbell of appropriate weight, another lightweight object, such as a water bottle or canned food item, may be used.

- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- Keep your heels down and maintain a neutral spine with your eyes on the horizon.
- Quickly extend your hips and legs, and then lift the dumbbell overhead in one motion.
- Finish standing tall with your arm extended overhead.
- Alternate arms after every rep.

DUMBBELL SNATCH (OPTION 2 - REDUCED RANGE OF MOTION)



- Start from the hang position instead of the ground.

For a video demonstration of the dumbbell snatch, click [here](#) or scan the QR code below.



OPEN WEEK 2

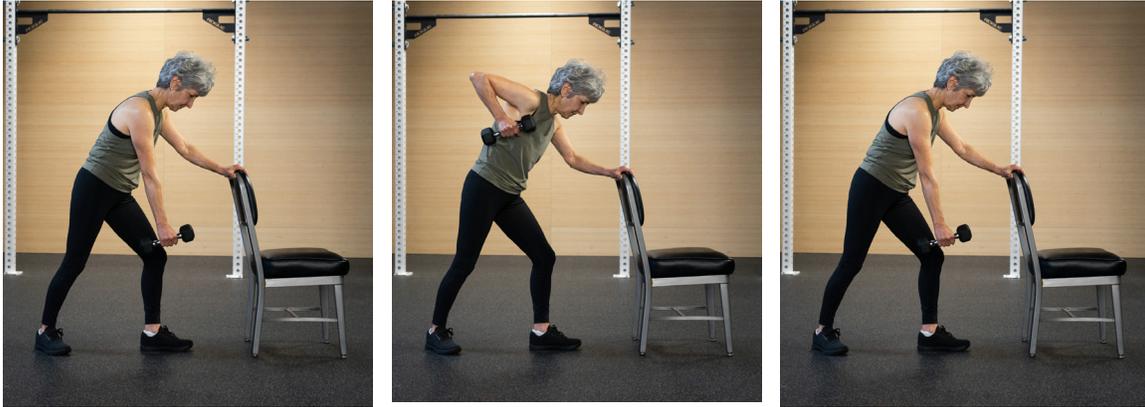
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POINTS OF PERFORMANCE

BENT-OVER ROW (OPTION 1 - SINGLE ARM WITH SUPPORT)



- Begin with a dumbbell in your hand, a soft bend in your knees, and a slight bend at your waist while supporting yourself on a chair or elevated surface with your other arm.
- Keeping a neutral spine, pull the dumbbell toward the torso.
- Return the dumbbell to the starting position under control.
- Complete 10 reps on each arm for a total of 20 reps.

BENT-OVER ROW (OPTION 2)



- Begin with the barbell or stick in your hands, a soft bend in your knees, and a slight bend at your waist.
- Maintain a neutral spine.
- Pull the barbell or stick to your chest while keeping your elbows tight to your body.
- Return to the starting position by extending your arms.

POINTS OF PERFORMANCE

RING ROW



- Set up a ring-row station with a stable surface underneath the rings.
- Adjust the height of the rings so your arms can fully extend while your feet are under or slightly in front of the rings.
 - To make the movement more difficult, move the feet forward of the rings.
- Start with your feet on a solid surface under or in front of the rings and lean back, straightening your arms.
- Pull yourself up until your chest touches the rings.
- Extend your arms and return to the starting position.

POINTS OF PERFORMANCE

JUMPING PULL-UP



- Set up a pull-up station with a stable box underneath the bar.
- Adjust the height of the box so your arms can fully extend while your knees are bent.
 - To make the movement more difficult, a lower box can be used, which will require a bigger jump.
 - To minimize the jump, use a taller box.
- Start with your feet on a solid surface under the pull-up bar with your arms fully extended.
- Jump and pull yourself up until your chin is over the bar.
- Extend your arms quickly and return to the starting position.

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80-FOOT WALKING LUNGE	1	2	3	4		
20 ALT. DUMBBELL SNATCHES					24	
20 BENT-OVER ROWS					44	TIME
80-FOOT WALKING LUNGE	45	46	47	48		
20 ALT. DUMBBELL SNATCHES					68	
20 RING ROWS					88	TIME
80-FOOT WALKING LUNGE	89	90	91	92		
20 ALT. DUMBBELL SNATCHES					112	
20 JUMPING PULL-UPS					132	TIME

Tiebreak time _____

Athlete _____
Athlete Name

Athlete Signature

Time or reps at 15 Min. _____

Judge _____
Judge Name

Judge Signature

Athlete Copy

WORKOUT 26.2 - FOUNDATIONS

Time or reps at 15 Min. _____

Athlete _____
Athlete Name

Tiebreak time _____

Judge _____
Judge Name

Judge Signature

Workout Location _____

Date _____

