

26.2:

For time:

80-foot dumbbell overhead walking lunge
20 alternating dumbbell snatches
20 pull-ups

80-foot dumbbell overhead walking lunge
20 alternating dumbbell snatches
20 chest-to-bar pull-ups

80-foot dumbbell overhead walking lunge
20 alternating dumbbell snatches
20 muscle-ups

Time cap: 15 minutes

♀ 35-lb (15-kg) dumbbell

♂ 50-lb (22.5-kg) dumbbell

WORKOUT VARIATIONS

Rx'd: (Ages 16-54)

♀ 35-lb (15-kg) dumbbell

♂ 50-lb (22.5-kg) dumbbell

Teenagers 14-15:

♀ 20-lb (10-kg) dumbbell

♂ 35-lb (15-kg) dumbbell

Masters 55+:

♀ 20-lb (10-kg) dumbbell

♂ 35-lb (15-kg) dumbbell

Scaled: (Ages 16-54)

♀ 20-lb (10-kg) dumbbell, jumping pull-ups, then pull-ups, then chest-to-bar pull-ups

♂ 35-lb (15-kg) dumbbell, jumping pull-ups, then pull-ups, then chest-to-bar pull-ups

Scaled Teenagers 14-15:

♀ 10-lb (5-kg) dumbbell, jumping pull-ups, then pull-ups, then chest-to-bar pull-ups

♂ 20-lb (10-kg) dumbbell, jumping pull-ups, then pull-ups, then chest-to-bar pull-ups

Scaled Masters 55+:

♀ 10-lb (5-kg) dumbbell, jumping pull-ups, then jumping chest-to-bar pull-ups, then pull-ups

♂ 20-lb (10-kg) dumbbell, jumping pull-ups, then jumping chest-to-bar pull-ups, then pull-ups

QUICK START

- Start standing tall with the dumbbell on the ground.
- At "go," pick-up the dumbbell and complete 80 feet of overhead walking lunges in 20-foot sections.
 - Turn around after completing 20 feet of lunging.
 - You do not have to alternate which hand holds the dumbbell at any time.
- After the final lunge, complete 20 alternating dumbbell snatches.
 - You must switch arms after every successful rep.
- Then, move to the pull-up bar and complete 20 pull-ups.
- Move back to the start of the lunge and complete 80 feet of overhead walking lunges.
- Then, complete 20 alternating dumbbell snatches and 20 chest-to-bar pull-ups.
- Complete the final 80 feet of overhead walking lunges and 20 alternating dumbbell snatches.
- Move to the rings and complete 20 muscle-ups.
- Time stops when the athlete reaches lockout on the final muscle-up.

NOTES

- The dumbbell must remain at least 5 feet away from the pull-up bar and rings.
- As long as 80 feet of overhead walking lunges are completed, the lunge track may be shorter than 20 feet, but cannot be longer than 20 feet.
 - Each rep of overhead walking lunges is 20 feet. Athletes may not lower the dumbbell before completing 20 feet.
- Gymnastics grips are **NOT** allowed during the dumbbell snatches.

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

EQUIPMENT

- Dumbbell
 - If using an adjustable dumbbell, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). In addition, when the dumbbell is at rest, the top of the handle cannot be less than 2.5 inches off the ground. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.
- Tape, cones, or any other object to mark 20-foot lunge distance.
- Pull-up bar
- Rings
- 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.



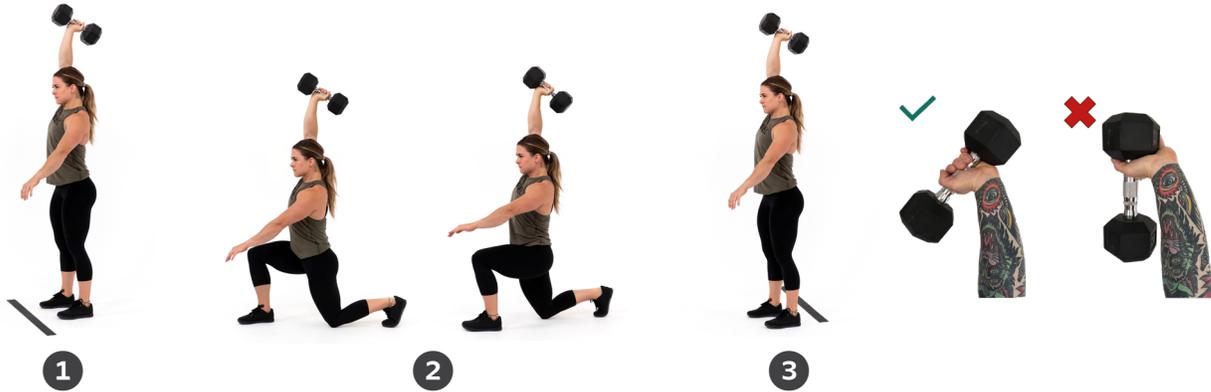
SHOP ROGUE GEAR



MOVEMENT STANDARDS

DUMBBELL OVERHEAD WALKING LUNGE

REQUIREMENTS



1. Each rep begins with the dumbbell in the overhead position, the feet together, and the hips and legs extended behind the line.
 - The dumbbell must remain overhead.
 - A full grip around the handle of the dumbbell must be maintained.
 - Resting the head of the dumbbell in the hand is **NOT** allowed.
 - Each section must be completed with **ONE** arm. Switching arms in the middle of a section **WILL NOT** count.
 - There is **NO** requirement to switch arms at any point.
 2. The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
 - Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
 - There is **NO** requirement to alternate feet after each step.
 3. The rep is credited when:
 - The dumbbell is overhead.
 - The hips and knees are fully extended.
 - Both feet are in line and touching the ground clearly past the final mark.
- NOTE:**
- Athletes may put the dumbbell down after a 20-foot section is completed.
 - The entire 20-foot section must be completed unbroken.
 - Athletes may use a lunge track that is shorter than 20 feet.
 - Each rep of overhead walking lunges is 20 feet. Athletes may not lower the dumbbell before completing 20 feet.

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MOVEMENT STANDARDS

DUMBBELL OVERHEAD WALKING LUNGE (CONTINUED)

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✘ Lowering the dumbbell before full extension of the knees and hips.



- ✘ The dumbbell touching any part of the body other than the hands.



- ✘ Not touching the knee to the ground.

ADDITIONAL:

- ✘ Switching arms or setting the dumbbell down before 20 feet is completed.
- ✘ Wearing multiple layers of knee sleeves or additional equipment, such as volleyball knee pads, that reduce range of motion is **NOT** permitted.

NOTE: If the athlete receives a no-rep at any time, the entire 20-foot section must be repeated.

MOVEMENT STANDARDS

ALTERNATING DUMBBELL SNATCH

REQUIREMENTS



1. Each rep starts with both heads of the dumbbell on the ground.
2. Lift the dumbbell overhead in one motion.
 - A partial squat in the receiving position is allowed but **NOT** required.
3. The rep is credited when:
 - Knees, hips, and elbow of the working arm are fully extended.
 - The middle of the dumbbell is in line with or behind the body when viewed from the side.

NOTES:

- Athletes **MUST** alternate hands after each successful rep.
- The dumbbell must remain at least 5 feet away from the pull-up bar and rings.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✘ Placing the non-working hand/arm on the thigh or anywhere on the body.



- ✘ Touching only one head of the dumbbell to the ground, or not touching the ground at all.



- ✘ Lowering the dumbbell before reaching full extension of the elbow, knees, or hips.



- ✘ Finishing with the dumbbell in front of the body.

ADDITIONAL:

- ✘ Snatching closer than 5 feet to the pull-up bar or rings.
- ✘ Gymnastics grips are **NOT** allowed during the dumbbell snatches.

NOTE: If a no-rep is given for any reason, the athlete must repeat the repetition, starting with either arm.

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MOVEMENT STANDARDS

PULL-UP

REQUIREMENTS



1



2

1. Start each rep with arms fully extended and feet off the ground.
 - Any style of grip is permitted.
2. The rep is credited when the chin clearly breaks the horizontal plane of the bar.

NOTE: Any style of pull-up is permitted, as long as the criteria above are met.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Starting a rep without full extension of the arms.



✗ Not breaking the horizontal plane of the pull-up bar with the chin.

✗ Any reps completed with the dumbbell closer than 5-feet to the pull-up bar

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MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP

REQUIREMENTS



1



2

1. Start each rep with arms fully extended and feet off the ground.
 - Any style of grip is permitted.
2. The rep is credited when the chest clearly contacts the bar at or below the collarbone.

NOTE: Any style of pull-up is permitted, as long as the criteria above are met.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Starting a rep without full extension of the arms.



✗ Making contact with the bar above the collarbone (neck or throat).



✗ Missing contact with the pull-up bar.

✗ Any reps completed with the dumbbell closer than 5-feet to the pull-up bar



MOVEMENT STANDARDS

MUSCLE-UP

REQUIREMENTS



1



2



3

1. Begin each rep hanging with arms fully extended and feet off the ground.
2. Athletes must pass through some portion of a dip before reaching lockout.
 - Kipping is allowed, but uprises, swings/rolls to support, or other gymnastics movements are not permitted.
3. The rep is credited when:
 - Elbows are fully locked out.
 - Shoulders are directly above, or slightly in front of, the hands.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✘ Starting the rep with flexed (bent) arms.



✘ Any part of the foot rising above the bottom of the rings during the kip.



✘ Not reaching full extension of the elbows.



✘ Reaching lockout with the shoulders behind the hands (locking out while falling away from the rings).

✘ Any reps completed with the dumbbell closer than 5-feet to the pull-up bar

NOTE: Any other gymnastics movements are **NOT** allowed (e.g., uprises or rolls to support).

MOVEMENT STANDARDS

JUMPING PULL-UP AND JUMPING CHEST-TO-BAR PULL-UP (SCALED, SCALED TEENAGERS 14-15, AND SCALED MASTERS 55+ ONLY)

REQUIREMENTS



1



2



3



4

1. The bar must be at least 6 inches (15 centimeters) above the top of the head when the athlete is standing tall.

- Plates or other stable platforms may be used to decrease the distance between the top of the head and the bar.

2. At the start of each rep, lower until the arms are fully extended.

3. JUMPING PULL-UP

- The rep is credited when the chin clearly breaks the horizontal plane of the bar.

4. JUMPING CHEST-TO-BAR PULL-UP (SCALED MASTERS 55+)

- The rep is credited when the chest clearly makes contact with the bar at or below the collarbone.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Starting a rep without full extension of the arms.



- ✗ Jumping pull-up: Not breaking the horizontal plane of the pull-up bar with the chin.



- ✗ Jumping chest-to-bar: Not making contact with the bar below the collarbone.

- ✗ Any reps completed with the dumbbell closer than 5-feet to the pull-up bar



26.2:

For time:

80-foot dumbbell overhead walking lunge
20 alternating dumbbell snatches
20 pull-ups

80-foot dumbbell overhead walking lunge
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20 chest-to-bar pull-ups

80-foot dumbbell overhead walking lunge
20 alternating dumbbell snatches
20 muscle-ups

Time cap: 15 minutes

♀ 35-lb (15-kg) dumbbell
♂ 50-lb (22.5-kg) dumbbell

80-FT DB OVERHEAD LUNGES	1	2	3	4	
20 ALT. DUMBBELL SNATCHES					24
20 PULL-UPS					44
80-FT DB OVERHEAD LUNGES	45	46	47	48	
20 ALT. DUMBBELL SNATCHES					68
20 CHEST-TO-BAR PULL-UPS					88
80-FT DB OVERHEAD LUNGES	89	90	91	92	
20 ALT. DUMBBELL SNATCHES					112
20 MUSCLE-UPS					132

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Tiebreak time _____

Athlete _____

Athlete Name

Athlete Signature

Time or reps at 15 Min. _____

Rx'd Scaled

Judge _____

Judge Name

Judge Signature

Athlete Copy

WORKOUT 26.2

Time or reps at 15 Min. _____ Rx'd Scaled

Athlete _____

Athlete Name

Tiebreak time _____

Judge _____

Judge Name

Judge Signature

Workout Location _____

Date _____

