OPEN WEEK 1
17:00 PT THUR, FEB 25 THROUGH 17:00 PT MON, FEB 29

WORKOUT 16.1 Rx’d
(Rx’d Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx’d Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54, Teen Boys 16-17, Teen Girls 16-17)

Complete as many rounds and reps as possible in 20 minutes of:
25-ft. overhead walking lunge
8 burpees
25-ft. overhead walking lunge
8 chest-to-bar pull-ups

Men lunge 95 lb.
Women lunge 65 lb.

WORKOUT 16.1 Masters
(Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+)

Complete as many rounds and reps as possible in 20 minutes of:
25-ft. overhead walking lunge
8 burpees
25-ft. overhead walking lunge
8 chin-over-bar pull-ups

Men lunge 65 lb.
Women lunge 45 lb.

WORKOUT 16.1 Teens 14-15
(Teen Boys 14-15, Teen Girls 14-15)

Complete as many rounds and reps as possible in 20 minutes of:
25-ft. overhead walking lunge
8 burpees
25-ft. overhead walking lunge
8 chin-over-bar pull-ups

Boys lunge 65 lb.
Girls lunge 45 lb.

WORKOUT 16.1 Scaled

Complete as many rounds and reps as possible in 20 minutes of:
25-ft. front rack walking lunge
8 burpees
25-ft. front rack walking lunge
8 jumping chin-over-bar pull-ups

Men lunge 45 lb.
Women lunge 35 lb.

WORKOUT 16.1 Masters Scaled
(Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59, Scaled Masters Women 60+)

Complete as many rounds and reps as possible in 20 minutes of:
25-ft. walking lunge
8 burpees
25-ft. walking lunge
8 jumping chin-over-bar pull-ups

*Lunges are unweighted

WORKOUT 16.1 Teens Scaled
(Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15, Scaled Teen Girls 16-17)

Complete as many rounds and reps as possible in 20 minutes of:
25-ft. front rack walking lunge
8 burpees
25-ft. front rack walking lunge
8 jumping chin-over-bar pull-ups

Boys lunge 45 lb.
Girls lunge 25 lb.
Each lunge begins with the weight overhead, the feet together, and the athlete standing tall.

The trailing knee must make contact with the ground at the bottom of each lunge. The weight must remain overhead for the duration of the repetition.

The rep ends with the weight still overhead and the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. If at any point the weight is dropped or comes into contact with the head or body, the athlete must restart from the last 5-ft. increment they crossed.

Each burpee must be performed perpendicular to and facing the barbell. The chest and thighs touch the ground at the bottom.

The athlete must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted.

The next rep will then begin on the opposite side facing the barbell. All scaled divisions will jump over an unloaded barbell.
OPEN WEEK 1
17:00 PT THUR, FEB 25 THROUGH 17:00 PT MON, FEB 29

PULL-UP

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom.

At the top, the chest must clearly come into contact with the bar below the collarbone.

For Masters 55+ and Teens 14-15, at the top the chin must break the horizontal plane of the bar.

FRONT RACK WALKING LUNGE (SCALED ONLY)

Each lunge begins with the weight racked on the shoulders, the feet together, and the athlete standing tall. The lunge for scaled masters is unloaded.

The trailing knee must make contact with the ground at the bottom of each lunge.

The rep ends with the athlete standing tall with the hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each rep. If at any point the weight is dropped the athlete must restart from the last 5-ft. increment they crossed.

JUMPING CHIN-OVER-BAR PULL-UP

The pull-up bar should be setup so it is at least 6 inches above the top of the athlete’s head when standing tall.

At the bottom, the athlete must lower themselves so their arms are fully extended.

At the top the chin must break the horizontal plane of the bar.
## OPEN WEEK 1 SCORECARD (ALL)

**OPEN WEEK 1**

17:00 PT THUR, FEB 25 THROUGH 17:00 PT MON, FEB 29

Presented by

[Western Digital](https://www.westerndigital.com)

### WORKOUT 16.1

20-min. AMRAP:
- 25-ft. lunge
- 8 burpees
- 25-ft. lunge
- 8 pull-ups

### VARIATIONS

**Rx’d and Teens 16-17:** Overhead lunge 95 / 65 lb., chest-to-bar pull-ups

**Scaled:** Front rack lunge 45 / 35 lb., jumping chin-over-bar pull-ups

**Masters 55+:** Overhead lunge 65 / 45 lb., chin-over-bar pull-ups

**Scaled Masters 55+:** Unweighted lunge, jumping chin-over-bar pull-ups

**Teens 14-15:** Overhead lunge 65 / 45 lb., chin-over-bar pull-ups

**Scaled Teens:** Front rack lunge 45 / 35 lb., jumping chin-over-bar pull-ups

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<th>ROUND</th>
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### ATHLETE NAME ______________________ 16.1 TOTAL REPS ______________________

Print

**AFFILIATE** ______________________  **JUDGE NAME** ______________________

Name of Affiliate  Initial  Print

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

I confirm the information above accurately represents my performance for the workout

Athlete Signature ______________________  Date ______________________

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