



WORKOUT 14.1 17:00 PT Thur, Feb 27 through 17:00 PT Mon, March 3

Week 1 presented by **PROGENEX**

WORKOUT Complete as many rounds and reps as possible in 10 minutes of:

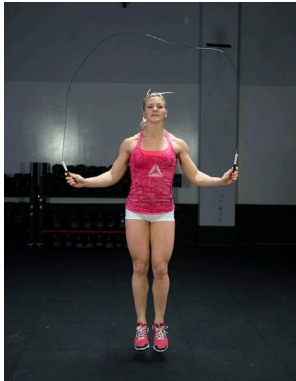



MEN	<i>Includes Masters Men up to 54 years old</i>	WOMEN	<i>Includes Masters Women up to 54 years old</i>
30 double-unders 75-lb. power snatches, 15 reps		30 double-unders 55-lb. power snatches, 15 reps	
MASTERS MEN	<i>Includes Masters Men 55+</i>	MASTERS WOMEN	<i>Includes Masters Women 55+</i>
30 double-unders 65-lb. power snatches, 15 reps		30 double-unders 45-lb. power snatches, 15 reps	

NOTES

This workout begins with the Athlete holding their jump rope with the barbell loaded to the appropriate weight. After 30 double-unders are completed the athlete will move to the barbell to perform power snatches. For the power snatch to count, the barbell will move from the ground (or below the knee if the barbell is unloaded) to the overhead position with the knees, hips and shoulders extended in one line. After the 15 reps, they will move back to the jump rope and begin the next round.

Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the total number of reps completed.

MOVEMENT STANDARDS

<p>DOUBLE-UNDER</p>  <p><i>This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.</i></p>	<p>POWER SNATCH (GROUND TO OVERHEAD) <i>This power snatch is a ground-to-overhead any way. The key point is the range of motion between the start and end points.</i></p> <p>SETUP POSITION WITH LOAD: SETUP POSITION WITH EMPTY BAR: BARBELL OVERHEAD POSITION:</p>    <p><i>The barbell begins on the ground. Touch-and-go is permitted. No bouncing.</i></p> <p><i>If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees.</i></p> <p><i>The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body.</i></p>		
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EQUIPMENT

- Jump rope
- Barbell
- Collars
- Plates to load to the appropriate weight for your division

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from the side so it is clear that the barbell is locked out overhead and the rope is passing twice under the feet.



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SCORECARD Complete as many rounds and reps as possible in 10 minutes of:
 30 double-unders
 15 power snatches

Men	75 lb.
Women	55 lb.
Masters Men	65 lb.
Masters Women	45 lb.

ROUND	DOUBLE-UNDER (30)	POWER SNATCH (15)	REPS
1			45
2			90
3			135
4			180
5			225
6			270
7			315
8			360
9			405
10			450
11			495
12			540

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for workout 14.1 _____
Athlete Signature Date

Affiliate Copy

 Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for workout 14.1 _____
Judge Signature Date