



OPEN WEEK 1

17:00 PT, THURSDAY, FEB. 22, THROUGH 17:00 PT, MONDAY, FEB. 26

Presented by



WORKOUT 18.1

Complete as many rounds as possible in 20 minutes of:

8 toes-to-bars

10 dumbbell hang clean and jerks

14 / 12-cal. row

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbell

Women use 35-lb. dumbbell

Scaled: (Ages 16-54)

Men perform hanging knee-raises, use 35-lb. dumbbell

Women perform hanging knee-raises, use 20-lb. dumbbell

Teenagers 14-15:

Boys use 35-lb. dumbbell

Girls use 20-lb. dumbbell

Scaled Teenagers 14-15:

Boys perform hanging knee-raises, use 20-lb. dumbbell

Girls perform hanging knee-raises, use 10-lb. dumbbell

Masters 55+:

Men use 35-lb. dumbbell

Women use 20-lb. dumbbell

Scaled Masters 55+:

Men perform sit-ups, use 20-lb. dumbbell

Women perform sit-ups, use 10-lb. dumbbell

NOTES

This workout begins with the athlete standing on the floor under the pull-up bar. After the call of "3, 2, 1... go," the athlete may jump up and perform toes-to-bars. After 8 reps are complete, the athlete will move to the dumbbell for hang clean and jerks. The athlete must complete 5 clean and jerks on one arm, then 5 on the other arm. He or she will then move to the rower and pull 14 calories (12 for women). The monitor must read 14 calories (12 for women) before the athlete can unstrap and move to the pull-up bar for the next round.

The athlete's score will be the total number of repetitions completed within the 20-minute time cap. Each calorie completed on the row will be equal to 1 rep.

EQUIPMENT

- Pull-up bar
- Dumbbell of appropriate weight for your division*†
- Rower that counts calories, similar in type and calibration to a Concept2 rower

* If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in his or her video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed.

† The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the dumbbell to be used so the weight and plate size can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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MOVEMENT STANDARDS

TOES-TO-BAR



In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split-grip are all permitted.



Both feet must come into contact with the bar at the same time, inside the hands. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

DUMBBELL HANG CLEAN AND JERK



After the dumbbell is lifted off the floor, the athlete must pause with the dumbbell at the hang position, either at his or her side or between the legs. From there, the athlete may perform a muscle clean, power clean, squat clean or split clean, so long as the dumbbell comes up and makes contact with the shoulder before being lifted overhead.



Once at the shoulder, the athlete may get the dumbbell overhead any way he or she chooses. Shoulder press, push press, push jerk and split jerk are all permitted. The non-working hand may not come into contact with the body or the dumbbell while the dumbbell is being lifted. Athletes may use two hands while lowering the dumbbell between reps.



At the top, the arm, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. If a split jerk is performed, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead. Each round, athletes must perform 5 repetitions on one arm, then switch and perform the next 5 with the other arm.



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MOVEMENT STANDARDS

ROW



The monitor on the rower must be set to zero at the beginning of each row. The athlete or the judge may reset the monitor. The athlete must stay seated on the rower until the monitor reads 14 / 12 calories.

HANGING KNEE-RAISE (SCALED ONLY)



In the hanging knee-raise, the arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split-grip are all permitted.



At the top of the repetition, the athlete must raise the knees above the height of the hips. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

SIT-UP (SCALED MASTERS 55+ ONLY)



Each rep of the sit-up begins with the athlete's back in contact with the floor, the knees bent with the feet anchored, and the hands touching the floor above the athlete's head.



At the top, the athlete will raise his or her torso so the chest is upright and the hands touch the toes or the dumbbells. AbMats are permitted.



OPEN WEEK 1 SCORECARD (MEN)

17:00 PT, THURSDAY, FEB. 22, THROUGH 17:00 PT, MONDAY, FEB. 26

Presented by



WORKOUT 18.1 (MEN)

Complete as many rounds as possible in 20 minutes of:

8 toes-to-bars

10 dumbbell hang clean and jerks

14-cal. row

Round	8 Toes-to-Bars	10 Hang Clean and Jerks 5 with one arm, 5 with other arm	14 Calorie Row
1			32
2			64
3			96
4			128
5			160
6			192
7			224
8			256
9			288
10			320
11			352
12			384
13			416
14			448
15			480
16			512

VARIATIONS

Rx'd: (Ages 16-54)

Men use 50-lb. dumbbell

Scaled: (Ages 16-54)

Men perform hanging knee-raises, use 35-lb. dumbbell

Teenagers 14-15:

Boys use 35-lb. dumbbell

Scaled Teenagers 14-15:

Boys perform hanging knee-raises, use 20-lb. dumbbell

Masters 55+:

Men use 35-lb. dumbbell

Scaled Masters 55+:

Men perform sit-ups, use 20-lb. dumbbell

ATHLETE NAME _____

Print

TOTAL REPS _____

Rx'd

Scaled

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

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

Affiliate Copy

Athlete Copy

ATHLETE NAME _____

Print

TOTAL REPS _____

Rx'd

Scaled

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

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



OPEN WEEK 1 SCORECARD (WOMEN)

17:00 PT, THURSDAY, FEB. 22, THROUGH 17:00 PT, MONDAY, FEB. 26

Presented by



WORKOUT 18.1 (WOMEN)

Complete as many rounds as possible in 20 minutes of:

8 toes-to-bars

10 dumbbell hang clean and jerks

12-cal. row

Round	8 Toes-to-Bars	10 Hang Clean and Jerks 5 with one arm, 5 with other arm	12 Calorie Row
1			30
2			60
3			90
4			120
5			150
6			180
7			210
8			240
9			270
10			300
11			330
12			360
13			390
14			420
15			450
16			480

VARIATIONS

Rx'd: (Ages 16-54)

Women use 35-lb. dumbbell

Scaled: (Ages 16-54)

Women perform hanging knee-raises, use 20-lb. dumbbell

Teenagers 14-15:

Girls use 20-lb. dumbbell

Scaled Teenagers 14-15:

Girls perform hanging knee-raises, use 10-lb. dumbbell

Masters 55+:

Women use 20-lb. dumbbell

Scaled Masters 55+:

Women perform sit-ups, use 10-lb. dumbbell

ATHLETE NAME _____
Print

TOTAL REPS _____

Rx'd Scaled

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial

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

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

TOTAL REPS _____

Rx'd Scaled

AFFILIATE _____ JUDGE NAME _____
Name of Affiliate Print Initial

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