



## OPEN WEEK 2

17:00 PT, THURSDAY, MARCH 1, THROUGH 17:00 PT, MONDAY, MARCH 5

Presented by



### WORKOUT 18.2

1-2-3-4-5-6-7-8-9-10 reps

for time of:

Dumbbell squats

Bar-facing burpees

**Time cap:** 12 minutes to complete 18.2 and 18.2a

### WORKOUT 18.2a

1-rep-max clean

Note: If 18.2 is not completed in under 12 minutes, athletes will not lift and will not have a score for 18.2a. If 18.2 is performed scaled, 18.2a will also be scored as scaled and will rank below anyone who did not scale 18.2.

### VARIATIONS

#### Rx'd: (Ages 16-54)

Men use 50-lb. dumbbells

Women use 35-lb. dumbbells

#### Scaled: (Ages 16-54)

Men use 35-lb. dumbbells, stepping burpees allowed

Women use 20-lb. dumbbells, stepping burpees allowed

#### Teenagers 14-15:

Boys use 35-lb. dumbbells

Girls use 20-lb. dumbbells

#### Scaled Teenagers 14-15:

Boys use 20-lb. dumbbells, stepping burpees allowed

Girls use 10-lb. dumbbells, stepping burpees allowed

#### Masters 55+:

Men use 35-lb. dumbbells

Women use 20-lb. dumbbells

#### Scaled Masters 55+:

Men use 20-lb. dumbbells, jump over empty barbell, stepping burpees allowed

Women use 10-lb. dumbbells, jump over empty barbell, stepping burpees allowed

### NOTES

Prior to starting the workout, the athlete will need to set up a barbell, with standard plates, to jump over during the burpees. This workout begins with the dumbbells resting on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may lift the dumbbells to the shoulders and perform 1 squat. The athlete will then return the dumbbells to the floor and complete 1 bar-facing burpee. He or she will then complete 2 dumbbell squats and 2 bar-facing burpees, 3 and 3, etc. This portion of the workout is over when the athlete lands with two feet on the opposite side of the barbell after the final burpee, or when the clock reaches 12 minutes.

**If the athlete completes all the squats and burpees before the 12-minute cap, he or she will use the remaining time to complete Workout 18.2a, a 1-rep-max clean.** The clean must be performed with a barbell, and the plates must be secured with collars. The athlete may complete as many attempts as he or she likes until the time cap is up but will only receive credit for the heaviest successful lift. Plates smaller than 1/2 lb. may not be used, and the minimum weight increase will be 1 pound. The athlete may receive assistance from other people to load the barbell between lifts. Each athlete may use only one barbell for 18.2 and 18.2a, and male athletes must use a 45-lb. (20-kg) barbell.

The athlete's score for 18.2 will be the total time it takes to complete all 110 reps or the number of reps completed at the end of 12 minutes. The athlete's score for 18.2a will be the heaviest weight successfully cleaned, in pounds. If the athlete does not complete the squats and burpees in less than 12 minutes, he or she will not log a score for 18.2a.

Note: If an athlete chooses to scale 18.2, he or she will also have a scaled 18.2a score. An athlete who completes 18.2 as prescribed and fails to complete a lift will be ranked higher on the Leaderboard for both 18.2 and 18.2a than athletes who scale 18.2.

### TIEBREAK

There is no tiebreak for Workout 18.2. However, the scoring for Workout 18.2a does include a tiebreak. In the case where two athletes clean the same amount on 18.2a, their times on 18.2 will serve as the tiebreak, and the athlete with the faster time on 18.2 will be ranked higher on 18.2a. Ties will not be broken for athletes who did not complete a lift.



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### EQUIPMENT

- One pair of dumbbells of appropriate weight for your division\*†
- Barbell
- Standard bumper plates (18-in. diameter) and change plates (no smaller than ½ lb.)
- Collars

\* 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.). Athletes lifting with kg plates will need to convert their weight to pounds prior to submitting.

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 standards video may be disqualified from the competition.

### VIDEO SUBMISSION STANDARDS

Prior to starting, film the dumbbells, barbell and plates to be used so the loads can be seen clearly. Before or after each lift, the athlete must state the weight and show the plates used. At the end of the workout, film the barbell being unloaded, and show the weight of the plates in order to clarify the actual heaviest load lifted. 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.

### MOVEMENT STANDARDS

#### DUMBBELL SQUAT



The rep begins from the top, with knees and hips extended and dumbbells on the shoulders. A muscle clean into a squat is allowed. The dumbbells must be held on the shoulders. There is no requirement to maintain a grip on the dumbbell the entire time.



At the bottom of the squat, the hip crease must pass below the knees. At the top, the hips and knees must be fully extended. Only one pair of dumbbells may be used.



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### MOVEMENT STANDARDS

#### BAR-FACING BURPEE



The burpee must be performed perpendicular to and facing the barbell.



The athlete will jump the feet back so that he or she is lying on the ground. The athlete's head cannot be over 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. Single-legged jumping or stepping over is not permitted (scaled divisions excluded). The barbell must be loaded with standard-height bumper plates for the athlete to jump over (scaled masters excluded).



The rep ends when the athlete lands on both feet on the opposite side of the barbell. Before starting the next rep, the athlete must again be facing the barbell.



Using a two-foot jump, the feet must move back and forth together in the burpee.



**NOTE: Unless the athlete is performing the workout scaled, he or she may NOT step backward or forward one foot at a time when lowering and raising to and from the ground.** On the way down, the athlete must jump both feet back simultaneously. On the way up, the athlete must jump both feet forward simultaneously. Stepping back and/or stepping up is permitted for athletes in the scaled divisions only. Scaled athletes may also choose to step over the barbell instead of jumping.



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### MOVEMENT STANDARDS

#### CLEAN



The barbell begins on the ground.



The rep is complete when the athlete's hips and knees are fully extended and the bar is resting on the shoulders in the front-rack position with the athlete's elbows in front of the bar. Power cleans, squat cleans and split cleans are permitted. Hang cleans are not permitted.



# OPEN WEEK 2 SCORECARD (ALL)

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## WORKOUT 18.2

1-2-3-4-5-6-7-8-9-10 reps for time of:

Dumbbell squats

Bar-facing burpees

12 minutes to complete  
18.2 **AND** 18.2a

## WORKOUT 18.2a

1-rep-max clean

|              |     |            |     |
|--------------|-----|------------|-----|
| 1 DB Squat   | 1   | 1 Burpee   | 2   |
| 2 DB Squats  | 4   | 2 Burpees  | 6   |
| 3 DB Squats  | 9   | 3 Burpees  | 12  |
| 4 DB Squats  | 16  | 4 Burpees  | 20  |
| 5 DB Squats  | 25  | 5 Burpees  | 30  |
| 6 DB Squats  | 36  | 6 Burpees  | 42  |
| 7 DB Squats  | 49  | 7 Burpees  | 56  |
| 8 DB Squats  | 64  | 8 Burpees  | 72  |
| 9 DB Squats  | 81  | 9 Burpees  | 90  |
| 10 DB Squats | 100 | 10 Burpees | 110 |

TIME OR REPS AT 12 MIN. \_\_\_\_\_

1-Rep-Max Clean

## VARIATIONS

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### Scaled: (Ages 16-54)

Men use 35-lb. dumbbells,  
stepping burpees allowed

Women use 20-lb. dumbbells,  
stepping burpees allowed

### Teenagers 14-15:

Boys use 35-lb. dumbbells

Girls use 20-lb. dumbbells

### Scaled Teenagers 14-15:

Boys use 20-lb. dumbbells,  
stepping burpees allowed

Girls use 10-lb. dumbbells,  
stepping burpees allowed

### Masters 55+:

Men use 35-lb. dumbbells

Women use 20-lb. dumbbells

### Scaled Masters 55+:

Men use 20-lb. dumbbells, jump over empty  
barbell, stepping burpees allowed

Women use 10-lb. dumbbells, jump over empty  
barbell, stepping burpees allowed

☐ Rx'd

☐ Scaled

ATHLETE NAME \_\_\_\_\_

Print

18.2 TIME \_\_\_\_\_

18.2A WEIGHT \_\_\_\_\_

OR 18.2 REPS \_\_\_\_\_

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. \_\_\_\_\_

Affiliate Copy

Athlete Signature

Date

Athlete Copy

## WORKOUT 18.2

ATHLETE NAME \_\_\_\_\_

Print

18.2 TIME \_\_\_\_\_

18.2A WEIGHT \_\_\_\_\_

OR 18.2 REPS \_\_\_\_\_

AFFILIATE \_\_\_\_\_

Name of Affiliate

JUDGE NAME \_\_\_\_\_

Print

Initial

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