



OPEN WEEK 1

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

Presented by



Western
Digital®

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 Scaled

(Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54, Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49, Scaled Masters Women 50-54)

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

(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 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 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 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 35 lb.



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NOTES

Prior to starting this workout each athlete will need to mark a starting point on the floor, measure out 25-ft and make another mark on the floor at the finishing point. Additionally, intermediate marks must be made at every 5-ft interval, each of which represents 1 rep of the lunge.

This workout begins with the barbell resting on the floor near the pull-up bar. At the call of "3, 2, 1 ... go," the athlete will pick up the barbell and lunge with it overhead for 25 feet. They will then perform burpees, jumping over the barbell on each repetition, before picking the barbell back up and lunging back the opposite direction. Once back at the pull-up bar, they will perform 8 chest-to-bar pull-ups, and then will head back to the barbell to begin the next round.

Your score will be the total number of repetitions completed before the 20-minute time cap.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. Also film the measurement of the 25-foot lunge area and the 5-foot intermediate marks. 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 an angle so all exercises can be clearly seen meeting the movement standards. If the 25-ft. lunge area cannot be seen in the frame, athletes will be permitted to lunge back and forth in a smaller area, so long as the 5-ft. intervals can still be clearly seen.

EQUIPMENT

- Barbell
- Collars
- Plates to load to the appropriate weight for your division
- Pull-up bar
- Measuring tape

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

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 29 kg (65 lb.), 20 kg (45 lb.), and 15 kg (35 lb.). For the lunge, a 7.5-meter length divided into five 1.5-meter sections will be acceptable.

MOVEMENT STANDARDS

OVERHEAD WALKING LUNGE



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.

BURPEE



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



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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.

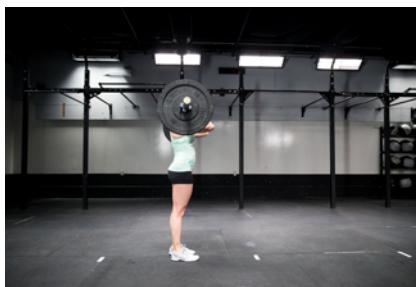
FRONT RACK WALKING LUNGE (SCALED ONLY)



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)

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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

ROUND	LUNGE (5)	BURPEE (8)	LUNGE (5)	PULL-UP (8)	
1					26
2					52
3					78
4					104
5					130
6					156
7					182
8					208
9					234
10					260
11					286
12					312
13					338
14					364
15					390
16					416
17					442
18					468
19					494
20					520

ATHLETE NAME _____

Print

16.1 TOTAL REPS _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

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

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

Athlete Signature

Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____

Print

16.1 TOTAL REPS _____

AFFILIATE _____

Name of Affiliate

JUDGE NAME _____

Print

Initial

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