

25.1:

As many rounds and reps as possible in 15 minutes of:

3 lateral burpees over the dumbbell
3 dumbbell hang clean-to-overheads
30-foot walking lunge (2 x 15 feet)

*After completing each round, add 3 reps to the burpees and hang clean-to-overheads.

♀ 35-lb (15-kg) dumbbell
♂ 50-lb (22.5-kg) dumbbell

WORKOUT VARIATIONS

Rx'd: (Ages 16-54)

♀ 35-lb (15-kg) dumbbell
♂ 50-lb (22.5-kg) dumbbell

Teenagers 14-15:

♀ 20-lb (10-kg) dumbbell
♂ 35-lb (15-kg) dumbbell

Masters 55+:

♀ 20-lb (10-kg) dumbbell
♂ 35-lb (15-kg) dumbbell

Scaled: (Ages 16-54)

♀ 20-lb (10-kg) dumbbell
♂ 35-lb (15-kg) dumbbell

Scaled Teenagers 14-15:

♀ 10-lb (5-kg) dumbbell
♂ 20-lb (10-kg) dumbbell

Scaled Masters 55+:

♀ 10-lb (5-kg) dumbbell
♂ 20-lb (10-kg) dumbbell

QUICK START

- Start standing tall with your back to the dumbbell.
- At "go," turn around and perform 3 burpees over the dumbbell.
- Next, perform 3 dumbbell hang clean-to-overheads.
- Then, perform 30 feet of walking lunges (15 feet — 4.57 meters — out and 15 feet back).
- Next, return to the dumbbell and perform 6 burpees over the dumbbell.
- Then, perform 6 dumbbell hang clean-to-overheads.
- Then, perform another 30 feet of walking lunges.
- Repeat this sequence, adding 3 reps to the burpees and hang clean-to-overheads each round.
 - The walking lunge distance remains 30 feet (15 feet out and 15 feet back).
- Your score will be the total number of repetitions performed within the 15-minute time cap.

NOTES

- Gymnastics grips are **NOT** allowed during this workout.
- The first rep of each clean-to-overhead set may be taken directly from the ground.
 - There is **NO** requirement to pause at the hang on the first rep.
- You can choose either arm to complete the required reps.
 - You may switch hands at any time after the rep is credited.
- During the lunge, each 15-foot section is considered 1 rep.
 - If the time cap is reached in the middle of a 15-foot section, the athlete will not receive credit for that rep.
- There is no tiebreak.

EQUIPMENT

- Dumbbell
 - If using an adjustable dumbbell, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). In addition, when the dumbbell is at rest, the top of the handle cannot be less than 2.5 inches off the ground. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.
- Tape for lunges

Refer to APPENDIX D in the [2025 CrossFit Games Rulebook](#) for complete equipment details, weight conversions, and video submission standards.



MOVEMENT STANDARDS

LATERAL BURPEE OVER THE DUMBBELL

REQUIREMENTS



1



2



3



4



5

1. Start on one side of the dumbbell.
2. The chest and thighs must touch the floor at the bottom of each rep.
3. Return to both feet with the hands off the floor.
 - Jumping or stepping in and out of the bottom of the burpee is permitted.
4. Jump over the dumbbell (both feet must be off the ground).
 - Some portion of both feet must clearly pass over the dumbbell (not around it).
 - A two-foot take-off or landing is **NOT** required.
5. The rep is credited when both feet are on the opposite side of the dumbbell.

NOTE: A strict lateral orientation is not required. Athletes may face the dumbbell during the burpee or jump over.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Chest and/or thighs not touching the ground.



✗ Stepping over the dumbbell.



✗ Jumping or passing in front of or behind the dumbbell instead of over it.



✗ Making contact with the dumbbell (tripping) as you jump over.

NOTE: If a no-rep is given for any reason, the entire burpee must be repeated and may be started on either side.

SHOP ROGUE GEAR



MOVEMENT STANDARDS

DUMBBELL HANG CLEAN-TO-OVERHEAD

REQUIREMENTS



1



2



3

1. The dumbbell must be below the hips with the working arm extended at the beginning of each rep.

- A clean from the ground is allowed, but not required, to start a set.

2. The dumbbell must be brought to the rack position (a snatch is not allowed).

- There is **NO** requirement to reach hip/knee extension in the clean before beginning the overhead lift.

3. Any style of overhead lift from the rack position is allowed. The rep is credited when:

- Knees, hips, and elbow of the working arm are fully extended.
- The middle of the dumbbell is in line with, or behind, the body when viewed from the side.
- Both feet are in line.

NOTE: Once a rep is completed, the athlete may lower the dumbbell to the hang anyhow.

- Using two hands to lower the dumbbell is acceptable.
- The athlete may switch hands at any time, but **MAY NOT** use two hands to elevate the dumbbell.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✖ Placing the non-working hand/arm anywhere on the body or dumbbell while lifting.



- ✖ Using two hands to lift the dumbbell.



- ✖ Lowering the dumbbell before reaching full extension of the elbow, knees, or hips.



- ✖ Finishing with the dumbbell in front of the body.

MOVEMENT STANDARDS

30-FOOT WALKING LUNGE (2X15 FEET)

REQUIREMENTS



1. Start each lunge section standing tall with both feet in line behind the line.
2. Touch the trailing knee to the ground.
 - There is no requirement to alternate legs between steps.
3. Extend the knees and hips at the top of each rep.
 - Stopping with both feet together is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
4. A rep is credited when:
 - Both heels are completely over the 15-foot line.
 - Knees and hips are extended with feet in line.
 - After completing 15 feet, turn around and lunge back across the starting line.

NOTES: Walking lunges are required. Lunging in place is not allowed. Lunging further or shorter than 15 feet in one direction is not allowed. If a no-rep is given for any reason, the entire 15-foot section must be repeated from behind the line.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Starting the lunge with foot on the line.

✗ Not reaching full extension of the knees or hips.

✗ Missing the touch of the knee.

✗ Finishing with one or both feet on, or behind, the line.

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ROUND 1	3 BURPEES OVER THE DUMBBELL	3		
	3 DUMBBELL HANG CLEAN-TO-OVERHEADS	6		
	30-FOOT WALKING LUNGE (2 X 15 FEET)	FIRST 15 FEET	7	SECOND 15 FEET 8
ROUND 2	6 BURPEES OVER THE DUMBBELL	14		
	6 DUMBBELL HANG CLEAN-TO-OVERHEADS	20		
	30-FOOT WALKING LUNGE (2 X 15 FEET)	FIRST 15 FEET	21	SECOND 15 FEET 22
ROUND 3	9 BURPEES OVER THE DUMBBELL	31		
	9 DUMBBELL HANG CLEAN-TO-OVERHEADS	40		
	30-FOOT WALKING LUNGE (2 X 15 FEET)	FIRST 15 FEET	41	SECOND 15 FEET 42
ROUND 4	12 BURPEES OVER THE DUMBBELL	54		
	12 DUMBBELL HANG CLEAN-TO-OVERHEADS	66		
	30-FOOT WALKING LUNGE (2 X 15 FEET)	FIRST 15 FEET	67	SECOND 15 FEET 68
ROUND 5	15 BURPEES OVER THE DUMBBELL	83		
	15 DUMBBELL HANG CLEAN-TO-OVERHEADS	98		
	30-FOOT WALKING LUNGE (2 X 15 FEET)	FIRST 15 FEET	99	SECOND 15 FEET 100
ROUND 6	18 BURPEES OVER THE DUMBBELL	118		
	18 DUMBBELL HANG CLEAN-TO-OVERHEADS	136		
	30-FOOT WALKING LUNGE (2 X 15 FEET)	FIRST 15 FEET	137	SECOND 15 FEET 138
ROUND 7	21 BURPEES OVER THE DUMBBELL	159		
	21 DUMBBELL HANG CLEAN-TO-OVERHEADS	180		
	30-FOOT WALKING LUNGE (2 X 15 FEET)	FIRST 15 FEET	181	SECOND 15 FEET 182
ROUND 8	24 BURPEES OVER THE DUMBBELL	206		
	24 DUMBBELL HANG CLEAN-TO-OVERHEADS	230		
	30-FOOT WALKING LUNGE (2 X 15 FEET)	FIRST 15 FEET	231	SECOND 15 FEET 232
ROUND 9	27 BURPEES OVER THE DUMBBELL	259		
	27 DUMBBELL HANG CLEAN-TO-OVERHEADS	286		
	30-FOOT WALKING LUNGE (2 X 15 FEET)	FIRST 15 FEET	287	SECOND 15 FEET 288
ROUND 10	30 BURPEES OVER THE DUMBBELL	318		
	30 DUMBBELL HANG CLEAN-TO-OVERHEADS	348		
	30-FOOT WALKING LUNGE (2 X 15 FEET)	FIRST 15 FEET	349	SECOND 15 FEET 350

Judge _____

Judge Name

Reps at 15 Min. _____

Rx'd Scaled

Athlete _____

Athlete Name

Athlete Signature

Athlete Copy

WORKOUT 25.1

Reps at 15 Min. _____ Rx'd Scaled

Athlete Name _____

Print

SCAN TO SUBMIT SCORE

Workout Location _____

Date _____



Judge _____

Judge Name

Judge Signature

