



OPEN WEEK 1

17:00 PT, THURSDAY, FEB. 21, THROUGH 17:00 PT, MONDAY, FEB. 25

Presented by



WORKOUT 19.1

Complete as many rounds as possible in 15 minutes of:

19 wall-ball shots
19-cal. row

VARIATIONS

Rx'd: (Ages 16-54)

Men throw 20-lb. ball to 10-ft. target
Women throw 14-lb. ball to 9-ft. target

Scaled: (Ages 16-54)

Men throw 14-lb. ball to 10-ft. target
Women throw 10-lb. ball to 9-ft. target

Teenagers 14-15:

Boys throw 14-lb. ball to 9-ft. target
Girls throw 10-lb. ball to 9-ft. target

Scaled Teenagers 14-15:

Boys throw 14-lb. ball to 8-ft. target
Girls throw 10-lb. ball to 8-ft. target

Masters 55+:

Men throw 20-lb. ball to 9-ft. target
Women throw 10-lb. ball to 9-ft. target

Scaled Masters 55+:

Men throw 14-lb. ball to 8-ft. target
Women throw 10-lb. ball to 8-ft. target

NOTES

The workout begins with the medicine ball on the ground and athlete standing tall. After the call of "3, 2, 1 ... go," the athlete will pick up the ball and perform the wall-ball shots. After 19 reps are complete, the athlete will move to the rower and pull 19 calories. The monitor must read 19 calories before the athlete can unstrap and move back to the wall-ball shots for the next round.

The athlete's score will be the total number of repetitions completed within the 15-minute time cap. Each calorie completed on the row will be equal to 1 rep.

There is no tiebreak for this workout.

EQUIPMENT

- Medicine ball of appropriate weight for your division*
- Concept2 rower

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 9 kg (20 lb.), 6 kg (14 lb.) and 4 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

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show the weight of the medicine ball and measure the height of the target. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. The monitor of the rower should also be clearly visible throughout the entire workout. Shoot the video from an angle so all movements 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

WALL-BALL SHOT



In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.



The rep is credited when the center of the ball hits the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

ROW



The monitor on the rower must be set to zero at the beginning of each row. The athlete may have assistance resetting the monitor. The athlete must stay seated on the rower until the monitor reads 19 calories.



OPEN WEEK 1 SCORECARD (ALL)

17:00 PT, THURSDAY, FEB. 21, THROUGH 17:00 PT, MONDAY, FEB. 25

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ROMWOD

WORKOUT 19.1

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19-cal. row

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Masters 55+:

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Women throw 10-lb. ball to 9-ft. target

Scaled Masters 55+:

Men throw 14-lb. ball to 8-ft. target
Women throw 10-lb. ball to 8-ft. target

ROUND	19 WALL-BALL SHOTS	19 CALORIE ROW
1		38
2		76
3		114
4		152
5		190
6		228
7		266
8		304
9		342
10		380
11		418
12		456
13		494
14		532
15		570
16		608
17		646
18		684
19		722

Athlete Name _____

Print

Total Reps _____

Rx'd

Scaled

Workout Location _____

Name of Affiliate

Judge _____

Judge Name

Has judge passed CrossFit's

Y / N

Online Judges Course?

I confirm the information above accurately represents the athlete's performance for this _____

Athlete Signature

Date

Affiliate Copy

Athlete Copy

WORKOUT 19.1

Athlete Name _____

Print

Total Reps _____

Rx'd

Scaled

Workout Location _____

Name of Affiliate

Judge _____

Judge Name

Has judge passed CrossFit's

Y / N

Online Judges Course?

I confirm the information above accurately represents the athlete's performance for this _____

Judge Signature

Date