



OPEN WEEK 3

17:00 PT, THURSDAY, MARCH 8, THROUGH 17:00 PT, MONDAY, MARCH 12

Presented by

ASSAULT FITNESS

WORKOUT 18.3

2 rounds for time of:
100 double-unders
20 overhead squats
100 double-unders
12 ring muscle-ups
100 double-unders
20 dumbbell snatches
100 double-unders
12 bar muscle-ups

Time cap: 14 minutes

VARIATIONS

Rx'd: (Ages 16-54)

Men perform 115-lb. OHS, 50-lb. DB snatches
Women perform 80-lb. OHS, 35-lb. DB snatches

Scaled: (Ages 16-54)

Men perform single-unders, 45-lb. OHS, chin-over-bar pull-ups
(for both MU sets), 35-lb. DB snatches
Women perform single-unders, 35-lb. OHS, chin-over-bar pull-ups
(for both MU sets), 20-lb. DB snatches

Teenagers 14-15:

Boys perform 75-lb. OHS, 35-lb. DB snatches
Girls perform 55-lb. OHS, 20-lb. DB snatches

Scaled Teenagers 14-15:

Boys perform single-unders, 45-lb. OHS, chin-over-bar pull-ups
(for both MU sets), 20-lb. DB snatches
Girls perform single-unders, 35-lb. OHS, chin-over-bar pull-ups
(for both MU sets), 10-lb. DB snatches

Masters 55+:

Men perform 75-lb. OHS, chest-to-bar pull-ups (for both MU sets),
35-lb. DB snatches
Women perform 55-lb. OHS, chest-to-bar pull-ups (for both MU sets),
20-lb. DB snatches

Scaled Masters 55+:

Men perform single-unders, 45-lb. OHS, jumping chest-to-bar pull-ups
(for both MU sets), 20-lb. DB snatches
Women perform single-unders, 35-lb. OHS, jumping chest-to-bar
pull-ups (for both MU sets), 10-lb. DB snatches

NOTES

This workout begins with the barbell and dumbbell on the floor, and the athlete standing tall with a jump rope in hand. After the call of "3, 2, 1 ... go," the athlete will have 14 minutes to complete 2 rounds of 100 double-unders, 20 overhead squats, 100 double-unders, 12 ring muscle-ups, 100 double-unders, 20 dumbbell snatches, 100 double-unders and 12 bar muscle-ups.

This workout is over when the athlete completes all the required work prior to 14 minutes or the 14-minute time cap expires. The athlete's score is the time it takes to complete the workout or the number of repetitions completed up to the cutoff time.

TIEBREAK

This workout includes a tiebreak. If all 928 reps are completed prior to the 14-minute time cap, your score will be your total time, and there will be no tiebreaker. However, if you are not able to complete the entire workout in the allotted time, a tiebreaker will be factored into your final score. During the workout, be sure to note your time at the end of every set of 100 double-unders. When you submit your score, there will be a space for your final rep count and an additional field for you to enter the elapsed time at which you completed your last full set of double-unders. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.



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EQUIPMENT

- Jump rope
- Barbell
- Collars
- Plates to load to the appropriate weight for your division*
- Rings
- Dumbbell of appropriate weight for your division†
- Pull-up bar

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the barbell are 15 kg (35 lb.), 20 kg (45 lb.), 25 kg (55 lb.), 34 kg (75 lb.), 36 kg (80 lb.) and 52 kg (115 lb.). For the dumbbell, 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.).

† 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.

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 dumbbell, plates and barbell to be used so the loads 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.

MOVEMENT STANDARDS

DOUBLE-UNDER



This is the standard double-under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

OVERHEAD SQUAT



The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted but not required to start the movement if standard depth is achieved.



The barbell must come to full lockout overhead, with the athlete's hips, knees and arms fully extended, and the bar directly over the middle of the body. The athlete may not use a rack.



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MOVEMENT STANDARDS

RING MUSCLE-UP



In the muscle-up, the athlete must begin with or pass through a hang below the rings, with the arms fully extended (with or without a false grip) and the feet off the ground. The heels may not rise above the height of the rings during the kip.

The elbows must be fully locked out while in the support position above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

DUMBBELL SNATCH



The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition. The dumbbell must be lowered below the top of the athlete's head before he or she can switch hands for the next rep. The non-lifting hand and arm may not be in contact with the body during the repetition. If the athlete receives a no rep and has already switched hands, the athlete may proceed from where he or she is. The athlete does not need to return the dumbbell to the no-repped arm for the next repetition to count.

At the top, the arms, 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. The athlete may choose to do a muscle snatch, power snatch, squat snatch or split-style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.



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MOVEMENT STANDARDS

BAR MUSCLE-UP



In the bar muscle-up, the athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. The heels may not rise above the height of the bar during the kip.

At the top, the elbows must be fully locked while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed. 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.

SINGLE-UNDERS (SCALED ONLY)



CHIN-OVER-BAR PULL-UP (SCALED ONLY)



For scaled divisions, this is the standard single-under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count.

This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom with the feet off the ground.

At the top of the movement, the chin must break the horizontal plane of the bar. 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.



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MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP (MASTERS 55+ ONLY)



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, with the feet off the ground.

At the top, the chest must clearly come into contact with the bar below the collarbone. 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.

JUMPING CHEST-TO-BAR PULL-UP (SCALED MASTERS 55+ ONLY)



For the jumping chest-to-bar pull-up, the bar should be at least six inches above the top of the athlete's head when he or she is standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar.

At the bottom of the movement, the athlete must lower his or her body so the arms are fully extended.

At the top, the chest must clearly come into contact with the bar below the collarbone. 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.

