

## 24.1:

For time:

21 dumbbell snatches, arm 1  
 21 lateral burpees over dumbbell  
 21 dumbbell snatches, arm 2  
 21 lateral burpees over dumbbell  
 15 dumbbell snatches, arm 1  
 15 lateral burpees over dumbbell  
 15 dumbbell snatches, arm 2  
 15 lateral burpees over dumbbell  
 9 dumbbell snatches, arm 1  
 9 lateral burpees over dumbbell  
 9 dumbbell snatches, arm 2  
 9 lateral burpees over dumbbell

**Time cap: 15 minutes**

♀ 35-lb dumbbell  
 ♂ 50-lb 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.
- After the call of "Go," pick up the dumbbell and complete 21 dumbbell snatches with one arm.
- Then complete 21 lateral burpees over the dumbbell.
- Next, complete 21 dumbbell snatches with your other arm.
- Then complete another 21 lateral burpees over the dumbbell.
- Repeat this sequence for 15 reps and then 9 reps of each movement.
- Time stops after the final burpee when both feet touch the ground on the opposite side of the dumbbell.
- Your score will be the total time it takes to complete all reps or the number of reps completed within the 15-minute time cap.

### NOTES

- You may start the rounds of 15 and 9 snatches with either arm.
- You may **NOT** switch arms in the middle of a set of snatches.
- There is no required floor plan for this workout.
- Record the time after you complete the final 21 burpees, and this will be your tiebreak time if you do not complete the final 15 burpees. Record the time again after the final 15 burpees if you get that far, and this will become your tiebreak time if you do not complete the workout. In the event of a tie, the athlete with the better tiebreak time will be ranked higher.
- If the workout is completed before the time cap, there is no tiebreak.
- Gymnastics grips are **NOT** allowed during this workout.

### EQUIPMENT

- 1 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.

Refer to APPENDIX D in the [2024 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.



### MOVEMENT STANDARDS

#### DUMBBELL SNATCH

##### REQUIREMENTS



1



2



3

1. Each rep starts with both heads of the dumbbell on the ground.
2. Lift the dumbbell overhead in one motion.
  - A partial squat in the receiving position is allowed but **NOT** required.
3. 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.

##### COMMON NO REPS

NOTE: This list is not exhaustive.



- ✗ Placing the non-working hand/arm on the thigh or anywhere on the body.



- ✗ Touching only one head of the dumbbell to the ground or not touching the ground at all.



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



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

##### GEAR UP FOR THE OPEN



### MOVEMENT STANDARDS

#### BURPEE OVER 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.

##### 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.



## OPEN WEEK 1

12 P.M. (NOON) PT THURSDAY, FEB. 29, THROUGH 5 P.M. PT MONDAY, MARCH 4

Presented by



Official Sports Nutrition Partner of CrossFit

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<b>21 DUMBBELL SNATCHES, ARM 1</b>	21	TIME
<b>21 LATERAL BURPEES OVER DUMBBELL</b>	42	
<b>21 DUMBBELL SNATCHES, ARM 2</b>	63	
<b>21 LATERAL BURPEES OVER DUMBBELL</b>	84	
<b>15 DUMBBELL SNATCHES, ARM 1</b>	99	
<b>15 LATERAL BURPEES OVER DUMBBELL</b>	114	
<b>15 DUMBBELL SNATCHES, ARM 2</b>	129	
<b>15 LATERAL BURPEES OVER DUMBBELL</b>	144	
<b>9 DUMBBELL SNATCHES, ARM 1</b>	153	
<b>9 LATERAL BURPEES OVER DUMBBELL</b>	162	
<b>9 DUMBBELL SNATCHES, ARM 2</b>	171	
<b>9 LATERAL BURPEES OVER DUMBBELL</b>	180	

Tiebreak Time \_\_\_\_\_

Judge \_\_\_\_\_

Judge Name

Time or Reps at 15 Min. \_\_\_\_\_

Rx'd     Scaled

Athlete \_\_\_\_\_

Athlete Name

Athlete Signature

Athlete Copy

### WORKOUT 24.1

Time or Reps at 15 Min. \_\_\_\_\_

Rx'd     Scaled

25% OFF MOMENTOUS



Athlete Name \_\_\_\_\_

Print

Tiebreak Time \_\_\_\_\_

Workout Location \_\_\_\_\_

Date \_\_\_\_\_

Judge \_\_\_\_\_

Judge Name

Judge Signature

SCAN TO SUBMIT SCORE

