



WEEK 1

17:00 PT Thur, Feb 26 through 17:00 PT Mon, March 2

Week 1 presented by



WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 toes-to-bars

10 deadlifts (115 / 75 lb.)

5 snatches (115 / 75 lb.)

THEN

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

NOTE: Workouts must both be completed within same 15 minutes.

NOTES

These workouts begin with the athlete standing under their pull-up bar with the barbell loaded to the appropriate weight. After 15 toes-to-bars (sit-ups or hanging knee raises for scaled divisions) are completed the athlete will move to the barbell to perform 10 deadlifts followed by 5 snatches. After the last snatch is completed the athlete will move back to the pull-up bar and start their next round.

Your score for Workout 15.1 will be the total number of repetitions completed.

As soon as the clock reaches 9 minutes and Workout 15.1 is complete, Workout 15.1a will begin with the same running clock. The athlete will have from 9:00 to 15:00 to complete Workout 15.1a.

The same barbell must be used for both 15.1 and 15.1a. The athlete must load their own barbell and may not receive assistance. Prior to each lift you must state what weight you are about to attempt. Plates smaller than ½ lb. may not be used. There is no limit to the number of attempts within the 6-minute time limit.

Your score for Workout 15.1a will be the weight (in pounds) that you successfully clean and jerk.

Should the athlete choose to redo the workout, you must withdraw your scores for both 15.1 and 15.1a and resubmit both scores from the second attempt. You may not use your score from your first attempt at 15.1 and your score from your second attempt at 15.1a or vice versa.

SPECIAL TIEBREAK

Your score for Workout 15.1a will be the weight of your heaviest successful clean and jerk. Scores will be recorded in one pound increments. If there is a tie at the exact same weight, lighter athletes will rank above heavier athletes. The body weight posted on your profile will be the weight used to break your tie, divided into 10-lb. classes; e.g. 180-189, 190-199, 200-209, etc.

Affiliates will be responsible for validating that an athlete's body weight is within their weight class. If an athlete opts not to submit their body weight they will still have a valid score for Workout 15.1a, but they will be ranked lower than athletes that lifted the same amount of weight and also submitted their body weight.

EQUIPMENT

- Pull-up bar
- Barbell
- Collars
- Plates to load to the appropriate weight for your division for Workout 15.1
- Plates to load for your max clean and jerk (no smaller than ½ lb.)

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

*The official weight is in pounds. For your convenience, the minimum acceptable weights for Workout 15.1 in kilograms are 52 / 34 kg for Rx'd, 38 / 25 kg for Scaled, Masters and Teens, and 29 / 20 kg for Scaled Masters and Scaled Teens. If you lift with kilogram plates you will need to convert your results to pounds when submitting your score. Remember, when lifting with pound plates a 20-kg barbell will count as 45 lb. and a 15-kg barbell will count as 35 lb.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the 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 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.

TOES-TO-BAR



In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands.



The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

HANGING KNEE RAISE



The hanging knee raise begins just like the toes-to-bar but ends when the athlete has raised their knees above the height of their hip.

SIT-UP



Each rep of the sit-up begins with the athlete's back in contact with the floor, their knees bent with their feet anchored, and their hands touching the floor above their head.



At the top, the athlete will sit up so their chest makes contact with their thighs and their hands touch their feet. AbMats are permitted.

DEADLIFT



This is a traditional deadlift with the hands outside the knees. Sumo-deadlifts are not allowed.



Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. No bouncing.

SNATCH



The barbell begins on the ground and must be lifted overhead in one smooth motion. For most divisions this is not a ground-to-overhead any way. A clean and jerk, where the bar is lifted to the shoulders and then lifted overhead is a no rep. For scaled divisions a ground-to-overhead is permitted, where the bar may be brought to the shoulders and then lifted overhead. Touch-and-go is permitted. No bouncing.



If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body.

CLEAN & JERK



For Workout 15.1a, the clean and jerk is a ground-to-overhead any way. A muscle clean, power clean, squat clean or split clean may be used to get the bar to the shoulders, and a shoulder press, push press, push jerk or split jerk may be used to get the weight overhead. The barbell begins on the ground.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body.



WEEK 1 WORKOUT VARIATIONS

Week 1 presented by



WORKOUT 15.1

RX'D

(Includes Masters up to 54 years old)

Complete as many rounds and reps as possible in 9 minutes of:

- 15 toes-to-bars
- 10 deadlifts (115 / 75 lb.)
- 5 snatches (115 / 75 lb.)

SCALED

(Scaled men & women 18-54)

Complete as many rounds and reps as possible in 9 minutes of:

- 15 hanging knee raises
- 10 deadlifts (85 / 55 lb.)
- 5 snatches* (85 / 55 lb.)

* ground-to-overhead allowed

MASTERS

(Masters 55+)

Complete as many rounds and reps as possible in 9 minutes of:

- 15 toes-to-bars
- 10 deadlifts (85 / 55 lb.)
- 5 snatches (85 / 55 lb.)

SCALED MASTERS

(Scaled Masters 55+)

Complete as many rounds and reps as possible in 9 minutes of:

- 15 sit-ups
- 10 deadlifts (65 / 45 lb.)
- 5 snatches* (65 / 45 lb.)

* ground-to-overhead allowed

TEENS

(Teens 14-17)

Complete as many rounds and reps as possible in 9 minutes of:

- 15 toes-to-bars
- 10 deadlifts (85 / 55 lb.)
- 5 snatches (85 / 55 lb.)

SCALED TEENS

(Scaled Teens 14-17)

Complete as many rounds and reps as possible in 9 minutes of:

- 15 hanging knee raises
- 10 deadlifts (65 / 45 lb.)
- 5 snatches* (65 / 45 lb.)

* ground-to-overhead allowed

WORKOUT 15.1A

(All divisions)

- 1-rep-max clean and jerk
- 6-minute time cap



WEEK 1 SCORECARD (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

Week 1 presented by



WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 toes-to-bars

10 deadlifts (115 / 75 lb.)

5 snatches (115 / 75 lb.)

ROUND	TOES-TO-BAR (15)	DEADLIFT (10)	SNATCH (5)	REPS
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

ATTEMPS	HEAVIEST

ATHLETE NAME _____ 15.1 TOTAL REPS _____

Print

ATHLETE BODY WEIGHT _____ 15.1A WEIGHT _____

Optional

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y/N
Name of Affiliate Print Online Judges Course?

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

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ 15.1 TOTAL REPS _____ 15.1A WEIGHT _____

Print

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y/N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance for the workout _____ Judge Signature _____ Date _____



WEEK 1 SCORECARD (MASTERS)

Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+

Week 1 presented by



WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 toes-to-bars

10 deadlifts (85 / 55 lb.)

5 snatches (85 / 55 lb.)

ROUND	TOES-TO-BAR (15)	DEADLIFT (10)	SNATCH (5)	REPS
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

ATTEMPS	HEAVIEST

ATHLETE NAME _____ **15.1 TOTAL REPS** _____

Print

ATHLETE BODY WEIGHT _____ **15.1A WEIGHT** _____

Optional

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y/N Online Judges Course?

Name of Affiliate

Print

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

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **15.1 TOTAL REPS** _____ **15.1A WEIGHT** _____

Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y/N Online Judges Course?

Name of Affiliate

Print

I confirm the information above accurately represents the athlete's performance for workout _____ Judge Signature _____ Date _____



WEEK 1 SCORECARD (TEENS)

Teen Boys 14-15, Teen Boys 16-17, Teen Girls 14-15, Teen Girls 16-17

Week 1 presented by



WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 toes-to-bars

10 deadlifts (85 / 55 lb.)

5 snatches (85 / 55 lb.)

ROUND	TOES-TO-BAR (15)	DEADLIFT (10)	SNATCH (5)	REPS
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

ATTEMPS	HEAVIEST
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ATHLETE NAME _____ **15.1 TOTAL REPS** _____

Print

ATHLETE BODY WEIGHT _____ **15.1A WEIGHT** _____

Optional

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y/N
Name of Affiliate Print Online Judges Course?

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

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **15.1 TOTAL REPS** _____ **15.1A WEIGHT** _____

Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y/N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance for workout _____ Judge Signature _____ Date



WEEK 1 SCORECARD (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

Week 1 presented by



WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 hanging knee raises

10 deadlifts (85 / 55 lb.)

5 snatches* (85 / 55 lb.)

* ground-to-overhead allowed

ROUND	KNEE RAISES (15)	DEADLIFT (10)	SNATCH (5)	REPS
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

ATTEMPS	HEAVIEST

ATHLETE NAME _____ 15.1 TOTAL REPS _____

Print

ATHLETE BODY WEIGHT _____ 15.1A WEIGHT _____

Optional

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y/N
Name of Affiliate Print Online Judges Course?

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

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ 15.1 TOTAL REPS _____ 15.1A WEIGHT _____

Print

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y/N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance for workout _____ Judge Signature _____ Date _____



WEEK 1 SCORECARD (SCALED MASTERS)

Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59,
Scaled Masters Women 60+

Week 1 presented by



WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 sit-ups

10 deadlifts (65 / 45 lb.)

5 snatches* (65 / 45 lb.)

* ground-to-overhead allowed

ROUND	SIT-UPS (15)	DEADLIFT (10)	SNATCH (5)	REPS
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

ATTEMPS	HEAVIEST

ATHLETE NAME _____ 15.1 TOTAL REPS _____

Print

ATHLETE BODY WEIGHT _____ 15.1A WEIGHT _____

Optional

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y/N
Name of Affiliate Print Online Judges Course?

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Affiliate Copy

Athlete Copy

ATHLETE NAME _____ 15.1 TOTAL REPS _____ 15.1A WEIGHT _____

Print

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y/N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the Athlete's performance for workout _____ Judge Signature _____ Date _____



WEEK 1 SCORECARD (SCALED TEENS)

Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15,
Scaled Teen Girls 16-17

Week 1 presented by



WORKOUT 15.1

Complete as many rounds and reps as possible in 9 minutes of:

15 hanging knee raises

10 deadlifts (65 / 45 lb.)

5 snatches* (65 / 45 lb.)

* ground-to-overhead allowed

ROUND	KNEE RAISES (15)	DEADLIFT (10)	SNATCH (5)	REPS
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330

WORKOUT 15.1A

1-rep-max clean and jerk

6-minute time cap

ATTEMPS	HEAVIEST

ATHLETE NAME _____ 15.1 TOTAL REPS _____

Print

ATHLETE BODY WEIGHT _____ 15.1A WEIGHT _____

Optional

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y/N
Name of Affiliate Print Online Judges Course?

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

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ 15.1 TOTAL REPS _____ 15.1A WEIGHT _____

Print

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y/N
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