



OPEN WEEK 2

17:00 PT THUR, MAR 3 THROUGH 17:00 PT MON, MAR 7

Presented by

**ASSAULT
AIRBIKE**

WORKOUT 16.2 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)

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 toes-to-bars
- 50 double-unders
- 15 squat cleans, 135 / 85 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 13 squat cleans, 185 / 115 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 11 squat cleans, 225 / 145 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 9 squat cleans, 275 / 175 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 7 squat cleans, 315 / 205 lb.

Stop at 20 minutes.

WORKOUT 16.2 Masters

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

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 toes-to-bars
- 50 double-unders
- 15 squat cleans, 115 / 65 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 13 squat cleans, 135 / 85 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 11 squat cleans, 155 / 105 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 9 squat cleans, 185 / 125 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 7 squat cleans, 205 / 145 lb.

Stop at 20 minutes.

WORKOUT 16.2 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)

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 hanging knee raises
- 50 single-unders
- 15 squat cleans, 95 / 55 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 13 squat cleans, 115 / 75 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 11 squat cleans, 135 / 95 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 9 squat cleans, 155 / 115 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 7 squat cleans, 185 / 135 lb.

Stop at 20 minutes.

WORKOUT 16.2 Masters Scaled

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

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 sit-ups
- 50 single-unders
- 15 squat cleans, 65 / 45 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 sit-ups
- 50 single-unders
- 13 squat cleans, 85 / 65 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 sit-ups
- 50 single-unders
- 11 squat cleans, 105 / 75 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 sit-ups
- 50 single-unders
- 9 squat cleans, 125 / 85 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 sit-ups
- 50 single-unders
- 7 squat cleans, 145 / 105 lb.

Stop at 20 minutes.



OPEN WEEK 2

17:00 PT THUR, MAR 3 THROUGH 17:00 PT MON, MAR 7

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WORKOUT 16.2 Teens 14-15

(Teen Boys 14-15, Teen Girls 14-15)

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 toes-to-bars
- 50 double-unders
- 15 squat cleans, 95 / 55 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 13 squat cleans, 115 / 75 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 11 squat cleans, 135 / 95 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 9 squat cleans, 155 / 105 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 7 squat cleans, 185 / 115 lb.

Stop at 20 minutes.

WORKOUT 16.2 Teens Scaled

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

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 hanging knee raises
- 50 single-unders
- 15 squat cleans, 65 / 45 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 13 squat cleans, 85 / 65 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 11 squat cleans, 105 / 75 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 9 squat cleans, 125 / 85 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 hanging knee raises
- 50 single-unders
- 7 squat cleans, 145 / 95 lb.

Stop at 20 minutes.

WORKOUT 16.2 Teens 16-17

(Teen Boys 16-17, Teen Girls 16-17)

Beginning on a 4-minute clock, complete as many reps as possible of:

- 25 toes-to-bars
- 50 double-unders
- 15 squat cleans, 115 / 75 lb.

If completed before 4 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 13 squat cleans, 145 / 95 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 11 squat cleans, 185 / 125 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 9 squat cleans, 205 / 135 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

- 25 toes-to-bars
- 50 double-unders
- 7 squat cleans, 235 / 155 lb.

Stop at 20 minutes.



OPEN WEEK 2

17:00 PT THUR, MAR 3 THROUGH 17:00 PT MON, MAR 7

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NOTES

This workout begins with the athlete standing under the pull-up bar. At the call of "3, 2, 1 ... go," the athlete will have 4 minutes to perform 25 toes-to-bars, followed by 50 doubleunders, and then 15 squat cleans. If all 90 repetitions are not completed by 4 minutes the athlete's workout is over, and they will stop and record their score. If all 90 repetitions are completed within the 4-minute window the athlete will earn an additional 4 minutes to perform another 25 toes-to-bars, 50 doubleunders, and 13 squat cleans, this time at a heavier weight. If all 178 repetitions (90 from round 1 plus 88 from round 2) are completed by the 8-minute mark, they will begin another round and their time-cap will be extended by an additional 4 minutes. At each round the weight of the clean will increase while the number of reps of the clean will decrease. **Once a round is completed, the athlete may immediately begin their next round. They do not need to wait for the 4-minute round to end before moving on to the next round.** This pattern of earning additional time will continue for up to 20 minutes, as long as a full round is completed before the next cutoff.

This workout is over when the athlete fails to complete all the repetitions within the cut-off time for that round. The final round ends at the 20-minute mark. The athlete's score is the number of repetitions completed up to their cut-off time.

In this workout, another person may assist the athlete in changing the plates on the barbell during the workout, or multiple barbells may be used.

TIEBREAK

The scoring for this workout includes a tiebreak. At the end of each set of doubleunders, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your last set of doubleunders. In the case where 2 athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

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. At the start of each rep the arms must be fully extended and the feet must be brought back behind the bar and behind the body.



Both feet must come into contact with the bar at the same time, inside the hands.

If all 5 rounds are completed in under 20 minutes, enter the time at which the last rep of the cleans was completed, as this will be used for the tiebreak score, not the time of completing the doubleunders.

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.

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.

EQUIPMENT

- Pull-up bar
- Jump rope
- Barbell
- Collars
- Plates to load to the appropriate weight for your division

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

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 20 kg (45 lb.), 25 kg (55 lb.), 29 kg (65 lb.), 34 kg (75 lb.), 38 kg (85 lb.), 43 kg (95 lb.), 47 kg (105 lb.), 52 kg (115 lb.), 56 kg (125 lb.), 61 kg (135 lb.), 65 kg (145 lb.), 70 kg (155 lb.), 79 kg (175 lb.), 83 kg (185 lb.), 93 kg (205 lb.), 102 kg (225 lb.), 106 kg (235 lb.), 124 kg (275 lb.), 142 kg (315 lb.).

DOUBLE-UNDER



This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.



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SQUAT CLEAN



The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before beginning the next repetition.

The athlete must pass through a full squat with hips below the knees. Receiving the barbell in the bottom of the squat is not required. A power clean or split clean followed by a front squat will be permitted.

The rep is complete when the athlete's hips and knees are fully extended, and the bar is resting on the shoulders in the front rack position with the elbows in front of the bar.

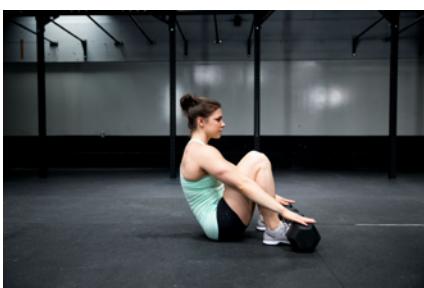
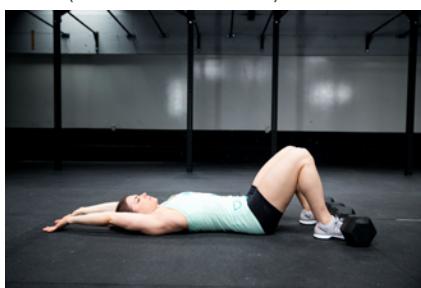
HANGING KNEE RAISE (SCALED ONLY)



For Scaled and Scaled Teens 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.

At the top of the repetition the athlete must raise their knees above the height of their hips.

SIT-UP (SCALED MASTERS ONLY)



For Scaled Masters, 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 raise their torso so that their chest is upright and their hands touch their toes or the dumbbells. AbMats are permitted.

SINGLE-UNDER (SCALED ONLY)



For Scaled divisions, this is the standard single-under in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.



OPEN WEEK 2 SCORECARD RX'D

Presented by

**ASSAULT
AIRBIKE**

WORKOUT 16.2

With a running clock, complete as many reps as possible of:

25 toes-to-bars

50 doubleunders

15 squat cleans

If completed before 4 minutes proceed to:

25 toes-to-bars

50 doubleunders

13 squat cleans

If completed before 8 minutes proceed to:

25 toes-to-bars

50 doubleunders

11 squat cleans

If completed before 12 minutes proceed to:

25 toes-to-bars

50 doubleunders

9 squat cleans

If completed before 16 minutes proceed to:

25 toes-to-bars

50 doubleunders

7 squat cleans

Stop at 20 minutes.

RX'D LOADS (POUNDS)

	Round 1 (15 reps)	Round 2 (13 reps)	Round 3 (11 reps)	Round 4 (9 reps)	Round 5 (7 reps)
Rx'd	135 / 85	185 / 115	225 / 145	275 / 175	315 / 205
Masters 55+	115 / 65	135 / 85	155 / 105	185 / 125	205 / 145
Teens 14-15	95 / 55	115 / 75	135 / 95	155 / 105	185 / 115
Teens 16-17	115 / 75	145 / 95	185 / 125	205 / 135	235 / 155

Mens weight / womens weight

ROUND 1	25 toes-to-bars			
	50 doubleunders			
	15 squat cleans		Time	
			90	
	If round 1 complete within 4 minutes proceed to round 2			
ROUND 2	25 toes-to-bars			
	50 doubleunders			
	13 squat cleans		Time	
			178	
	If round 2 complete within 8 minutes proceed to round 3			
ROUND 3	25 toes-to-bars			
	50 doubleunders			
	11 squat cleans		Time	
			264	
	If round 3 complete within 12 minutes proceed to round 4			
ROUND 4	25 toes-to-bars			
	50 doubleunders			
	9 squat cleans		Time	
			348	
	If round 4 complete within 16 minutes proceed to round 5			
ROUND 5	25 toes-to-bars			
	50 doubleunders			
	7 squat cleans		Time	
			430	
	Workout ends at 20 minutes.			
	Finish Time			

ATHLETE NAME _____
Print _____

16.2 TOTAL REPS _____ Rx'd Scaled

TIEBREAK TIME _____

AFFILIATE _____
Name of Affiliate _____

JUDGE NAME _____
Print _____

Initial _____

Has Judge passed CrossFit's Online Judges Course? Y / N

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

Affiliate Copy _____

Athlete Copy _____

ATHLETE NAME _____
Print _____

16.2 TOTAL REPS _____ Rx'd Scaled

TIEBREAK TIME _____

AFFILIATE _____
Name of Affiliate _____

JUDGE NAME _____
Print _____

Initial _____

Has Judge passed CrossFit's Online Judges Course? Y / N



OPEN WEEK 2 SCORECARD SCALED

Presented by

**ASSAULT
AIRBIKE**

WORKOUT 16.2

With a running clock, complete as many reps as possible of:

- 25 hanging knee raises/sit-ups*
- 50 singleunders
- 15 squat cleans

If completed before 4 minutes proceed to:

- 25 hanging knee raises/sit-ups*
- 50 singleunders
- 13 squat cleans

If completed before 8 minutes proceed to:

- 25 hanging knee raises/sit-ups*
- 50 singleunders
- 11 squat cleans

If completed before 12 minutes proceed to:

- 25 hanging knee raises/sit-ups*
- 50 singleunders
- 9 squat cleans

If completed before 16 minutes proceed to:

- 25 hanging knee raises/sit-ups*
- 50 singleunders
- 7 squat cleans

Stop at 20 minutes.

*Performed only for the Scaled Masters 55+ division.

SCALED LOADS (POUNDS)

	Scaled	Round 1 (15 reps)	Round 2 (13 reps)	Round 3 (11 reps)	Round 4 (9 reps)	Round 5 (7 reps)
Scaled Masters 55+		95 / 55	115 / 75	135 / 95	155 / 115	185/135
Scaled Teens		65/45	85/65	105/75	125/85	145/105
		65/45	85/65	105/75	125/85	145/95

Mens weight / womens weight

ROUND 1	25 knee raises		Time 90
	50 singleunders		
	15 squat cleans		
If round 1 complete within 4 minutes proceed to round 2			
ROUND 2	25 knee raises		Time 178
	50 singleunders		
	13 squat cleans		
If round 2 complete within 8 minutes proceed to round 3			
ROUND 3	25 knee raises		Time 264
	50 singleunders		
	11 squat cleans		
If round 3 complete within 12 minutes proceed to round 4			
ROUND 4	25 knee raises		Time 348
	50 singleunders		
	9 squat cleans		
If round 4 complete within 16 minutes proceed to round 5			
ROUND 5	25 knee raises		Time 430
	50 singleunders		
	7 squat cleans		
Workout ends at 20 minutes.			
Finish Time			

ATHLETE NAME _____
Print _____

16.2 TOTAL REPS _____

- Rx'd
 Scaled

TIEBREAK TIME _____

AFFILIATE _____
Name of Affiliate _____

JUDGE NAME _____
Print _____

Initial _____

Has Judge passed CrossFit's Online Judges Course? Y / N

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

Affiliate Copy _____

Athlete Copy _____

ATHLETE NAME _____
Print _____

16.2 TOTAL REPS _____

- Rx'd
 Scaled

TIEBREAK TIME _____

AFFILIATE _____
Name of Affiliate _____

JUDGE NAME _____
Print _____

Initial _____

Has Judge passed CrossFit's Online Judges Course? Y / N