



OPEN WEEK 2

17:00 PT, THURSDAY, OCTOBER 17, THROUGH 17:00 PT, MONDAY, OCTOBER 21

Presented by



WORKOUT 20.2

Complete as many rounds as possible in 20 minutes of:

4 dumbbell thrusters

6 toes-to-bars

24 double-unders

♀ 35-lb. dumbbells ♂ 50-lb. dumbbells

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ 35-lb. DBs

♂ 50-lb. DBs

Scaled (Ages 16-54)

♀ 20-lb. DBs, hanging knee-raises, single-unders

♂ 35-lb. DBs, hanging knee-raises, single-unders

Teenagers 14-15

♀ 20-lb. DBs

♂ 35-lb. DBs

Scaled Teenagers 14-15

♀ 15-lb. DBs, hanging knee-raises, single-unders

♂ 20-lb. DBs, hanging knee-raises, single-unders

Masters 55+

♀ 20-lb. DBs

♂ 35-lb. DBs

Scaled Masters 55+

♀ 15-lb. DBs, sit-ups, single-unders

♂ 20-lb. DBs, sit-ups, single-unders

NOTES

This workout begins with the dumbbells on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may begin performing thrusters. After 4 reps of thrusters are completed, the athlete will advance to a pull-up bar to perform toes-to-bars. After 6 reps of toes-to-bars are completed, the athlete will move to a jump rope and complete 24 double-unders before returning to the thrusters for the next round.

The athlete's score will be the total number of repetitions completed before the 20-minute time cap.

There is no tiebreak for this workout.

EQUIPMENT

- Pull-up bar
- Jump rope
- Dumbbells of the appropriate weight for your division*

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.), and 7.5 kg (15 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 standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Film the pull-up bar and dumbbells so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.



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MOVEMENT STANDARDS

DUMBBELL THRUSTER



- Each set of dumbbell thrusters begins with dumbbells on the ground.
- Hold the dumbbells in the front-rack position during the squat.
- Dumbbells move from the bottom of a front squat to full lockout overhead.
- A full squat clean into the thruster is allowed when the dumbbells are taken from the floor.
- The hip crease must clearly pass below the top of the knees in the bottom position.



- The rep is credited when:
 - the dumbbells are locked out overhead, with the hips, knees, and arms fully extended.
 - both dumbbells are directly over or slightly behind the middle of the body.
- Continue pressing the weight up until lockout. Re-dipping during the press (i.e., performing a jerk) will result in a "no rep."
- Athletes may not receive any assistance moving the dumbbells.

TOES-TO-BAR



- Begin by hanging from the pull-up bar with arms extended.
- Heels must be brought back behind the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.
- Overhand, underhand, or mixed grips are all permitted.



- The rep is credited when both feet come in contact with the bar at the same time, between the hands.
- Any part of the feet may make contact with the bar.



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MOVEMENT STANDARDS

DOUBLE-UNDER



- 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.

HANGING KNEE-RAISE (SCALED ONLY)



- Scaled athletes and scaled teens may perform hanging knee-raises.
- Begin by hanging from the pull-up bar with arms extended.
- Heels must be brought back behind the bar.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when the knees are above the hips.



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MOVEMENT STANDARDS

SIT-UP (SCALED MASTERS ONLY)



- Scaled masters may perform sit-ups.
- Begin with the back in contact with the floor, feet anchored, and hands touching the floor above the head.
- AbMats are permitted.



- Raise the torso until the hands touch the toes or dumbbells.

SINGLE-UNDER (SCALED ONLY)



- For scaled divisions, 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 (ALL)

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Scaled Masters 55+

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ROUND	4 DB THRUSTERS	6 TOES-TO-BARS	24 DOUBLE-UNDERS
1	4	10	34
2	38	44	68
3	72	78	102
4	106	112	136
5	140	146	170
6	174	180	204
7	208	214	238
8	242	248	272
9	276	282	306
10	310	316	340
11	344	350	374
12	378	384	408
13	412	418	442
14	446	452	476
15	480	486	510

ROUND	4 DB THRUSTERS	6 TOES-TO-BARS	24 DOUBLE-UNDERS
16	514	520	544
17	548	554	578
18	582	588	612
19	616	622	646
20	650	656	680
21	684	690	714
22	718	724	748
23	752	758	782
24	786	792	816
25	820	826	850
26	854	860	884
27	888	894	918
28	922	928	952
29	956	962	986
30	990	996	1020

Athlete Name _____

Print _____

TOTAL REPS _____

Rx'd Scaled

Workout Location _____

Name of Affiliate _____

Judge _____

Judge Name _____

Has judge passed CrossFit's
Online Judges Course? _____

Y / N

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

Affiliate Copy _____

Athlete Signature _____

Date _____

Athlete Copy _____

WORKOUT 20.2

Athlete Name _____

Print _____

TOTAL REPS _____

Rx'd Scaled

Workout Location _____

Name of Affiliate _____

Judge _____

Judge Name _____

Has judge passed CrossFit's
Online Judges Course? _____

Y / N

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

Judge Signature _____

Date _____