



WORKOUT 13.1 17:00 PT Wed, Mar 6 through 17:00 PT Sun, Mar 10

Week 1 presented by **Reebok**

WORKOUT Proceed through the sequence below completing as many reps as possible in 17 minutes of:

Men <i>Includes Masters Men up to 54 years old</i>	Women <i>Includes Masters Women up to 54 years old</i>
40 Burpees 75 pound Snatch, 30 reps 30 Burpees 135 pound Snatch, 30 reps 20 Burpees 165 pound Snatch, 30 reps 10 Burpees 210 pound Snatch, as many reps as possible	40 Burpees 45 pound Snatch, 30 reps 30 Burpees 75 pound Snatch, 30 reps 20 Burpees 100 pound Snatch, 30 reps 10 Burpees 120 pound Snatch, as many reps as possible
Masters Men <i>Includes Masters Men 55+</i>	Masters Women <i>Includes Masters Women 55+</i>
40 Burpees 45 pound Snatch, 30 reps 30 Burpees 75 pound Snatch, 30 reps 20 Burpees 100 pound Snatch, 30 reps 10 Burpees 120 pound Snatch, as many reps as possible	40 Burpees 35 pound Snatch, 30 reps 30 Burpees 55 pound Snatch, 30 reps 20 Burpees 75 pound Snatch, 30 reps 10 Burpees 90 pound Snatch, as many reps as possible

NOTES

This workout begins from a standing position and with the barbell loaded with the starting weight. In the Burpee, the Athlete will move from flat on the ground to touching an object with both hands that is at least 6 inches above their max reach. In the Snatch, the barbell goes directly from the ground to overhead in one motion without stopping at the shoulders. This can be a muscle Snatch, a power Snatch, a squat Snatch or a split Snatch. A Clean and Jerk is not permitted. Score is total reps completed. In the case of a tie, the Athlete with the faster time to finish their last complete set of Snatches will be ranked higher.

SPECIAL TIEBREAK

In this workout, we are using a special tiebreak method. At the end of each round of 30 Snatches, time should be marked. Specifically, as soon as the 30th Snatch at 75 pounds for men is complete, time should be marked. As soon as the 30th Snatch at 135 pounds is complete, time should be marked. The same at the 30th rep at 165 pounds, if you get there. 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 time of the last completed sets of Snatches, whichever that may be.

For example, a male athlete finishes all the reps up to and including 10 Snatches at 165 pounds, for a total of 160 reps. This is his score. He also finished the 30th Snatch at 75 pounds in 3:52, and the 30th Snatch at 135 pounds in 13:10. In this case he will enter 13:10 as his time in the tiebreak field since this was the time of completion of his final set of Snatches. This athlete would be ranked above someone who got 160 reps and a tiebreak time of 14:00, but below someone with 160 reps and a tiebreak time of 12:00.

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 that you set your clock to count up.

MOVEMENT STANDARDS

Please be sure to watch the entire [workout instruction video](#) for full details.

Burpee

The height of the target must be no fewer than 6 inches above the Athlete's fingertips when they are standing, feet together, with a straight line through their wrist, elbow, shoulder, hip and knees. The Athlete should be shrugging their shoulders and reaching as high as possible while the measurement is being made.

If the Athlete touches with just one hand or misses, they may re-jump to complete the rep without dropping back to the ground. The use of a springy floor is not allowed.

Snatch

Each rep will be counted once the Athlete clearly shows control of the barbell overhead. Pressing out the arms at the top to complete the movement is allowed as long as the barbell does not touch the shoulders or head. The Athlete must be responsible for loading their own barbell to the appropriate weights during the workout. The same barbell must be used for the entire workout, and the Athlete may not receive assistance when changing the loads. Using additional pre-loaded barbells is not permitted.

BURPEE



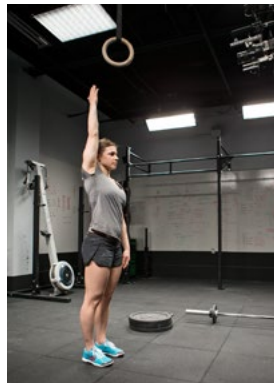
Bottom of Burpee

At the bottom position the Athlete's chest and hips must touch the ground.



Touching top position

At the top of the Burpee, both hands must make contact with the target.



Measuring the Burpee target

Must be 6 inches above Athlete's max reach.

SNATCH



Setup position with load

The barbell begins on the ground. Touch and go is permitted. No bouncing.



Barbell overhead position

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.



Setup position with empty bar

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.

EQUIPMENT

To complete this workout you will need:

- A target set 6 inches above your max reach
- One barbell
- Collars
- Plates to load to the appropriate weights for your division

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, film the measuring of the target to be 6 inches above the Athlete's max reach, as well as the plates and barbell to be used so the loads can be clearly seen. A second person with a stopwatch will need to be in the frame throughout the entire workout. Shoot the video from the side so it is clear that the hips and chest are touching the ground at the bottom position, the hands can be seen touching the target, and that the barbell is locked out overhead on each rep.

Click [here](#) to see an example of a valid video submission.



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Men 75 / 135 / 185 / 210
 Women 45 / 75 / 100 / 120
 Masters Men . . 45 / 75 / 100 / 120
 Masters Women . . 35 / 55 / 75 / 90
 *All weights in pounds

SCORECARD

Proceed through the sequence below completing as many reps as possible in 17 minutes of:

40 Burpee		40	
30 Snatch 75 / 45 / 45 / 35 lbs		70	
30 Burpee		100	Time
30 Snatch 135 / 75 / 75 / 55 lbs		130	
20 Burpee		150	Time
30 Snatch 165 / 100 / 100 / 75 lbs		180	
10 Burpee		190	Time
Snatch 210 / 120 / 120 / 90 lbs			

Athlete Name _____ (Print) Total Reps _____ Tiebreak Time _____
 (Last completed round of Snatches)

Workout Location _____ Judge _____ Has Judge passed CrossFit's
 (Name of Affiliate) (Print) Online Judges Course? Y / N

I confirm the information above accurately represents my performance for workout 13.1 _____
 Athlete Signature Date

 Affiliate Copy

 Athlete Copy

Athlete Name _____ (Print) Total Reps _____ Tiebreak Time _____
 (Last completed round of Snatches)

Workout Location _____ Judge _____ Has Judge passed CrossFit's
 (Name of Affiliate) (Print) Online Judges Course? Y / N

I confirm the information above accurately represents my performance for workout 13.1 _____
 Judge Signature Date