

**WORKOUT**

Complete as many rounds and reps as possible in 15 minutes of:

**MEN**

*Includes Masters Men up to 54 years old*

- 9 Deadlifts**
- 12 Push-ups**
- 15 Box jumps**  
 (155lbs / 70kg, 24" box)

**WOMEN**

*Includes Masters Women up to 54 years old*

- 9 Deadlifts**
- 12 Push-ups**
- 15 Box jumps**  
 (100lbs / 45kg, 20" box)

**MASTERS *men***

*Includes Masters Men 55+*

- 9 Deadlifts**
- 12 Push-ups**
- 15 Box jumps**  
 (145lbs / 65kg, 20" box)

**MASTERS *women***

*Includes Masters Women 55+*

- 9 Deadlifts**
- 12 Push-ups**
- 15 Box jumps**  
 (90lbs / 40kg, 20" box)

**MOVEMENT STANDARDS**

**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.*

**Push-up**

A straight body position must be maintained throughout. No snaking, sagging or pushing up from the knees.



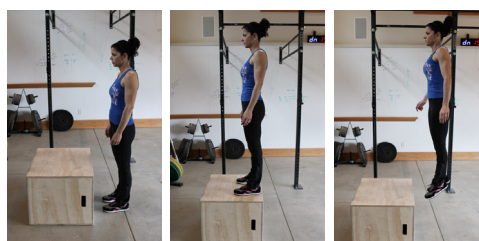
*The elbows and shoulders must be locked out at the top with the feet no wider than shoulder width..*



*At the bottom, the chest (nipple-line or above) must touch the floor and the hands must be lifted.*

**Box jump**

This is a two-foot jump onto the box. The hips and knees must open fully at or above the height of standing on the box.



*Both feet must be on the box together at some point in the rep. You may jump down or step down but you must jump up. Stepping up is only permitted for the two elder Masters categories (55+), not for anyone else.*

**REQUIRED EQUIPMENT:**

To complete this workout, you will need a barbell loaded to the appropriate weight for your gender and age group and a box that is the appropriate height for your gender and age group.

**ADDITIONAL NOTES:**

Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the number of completed rounds, plus the number of deadlifts, plus the number of push-ups, plus the number of box jumps in the final round (if incomplete).



**CFG OPEN II.2**  
 17:00 PDT Tuesday, March 29  
 through  
 17:00 PDT Sunday, April 3

Complete as many rounds and reps as possible in 15 minutes of:  
 9 Deadlifts  
 12 Push-ups  
 15 Box jumps

**SCORE CARD**

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

ROUND #	DEADLIFT	PUSH-UP	BOX JUMP
Round 1			
Round 2			
Round 3			
Round 4			
Round 5			
Round 6			
Round 7			
Round 8			
Round 9			
Round 10			
Round 11			
Round 12			
Round 13			
Round 14			
Round 15			
Round 16			
Round 17			
Round 18			
Round 19			
Round 20			
<b>TOTAL COMPLETED ROUNDS</b>	_____ Rounds		
<b>ADDITIONAL REPS</b>	_____ Deadlifts	_____ Push-ups	_____ Box Jumps