

WORKOUT

Complete as many rounds and reps as possible in 10 minutes of:

MEN

Includes Masters Men up to 54 years old

30 Double-unders
15 Power snatches
(75 lbs/35kg)

WOMEN

Includes Masters Women up to 54 years old

30 Double-unders
15 Power snatches
(55 lbs/25kg)

MASTERS men

Includes Masters Men 55+

30 Double-unders
15 Power snatches
(65 lbs/30kg)

MASTERS women

Includes Masters Women 55+

30 Double-unders
15 Power snatches
(45 lbs/20kg)

MOVEMENT STANDARDS

Double-under

This is a standard double-under in which the rope passes twice for each jump. Only successful jumps are counted, not just attempts.



A tight core and fast wrists are traits of a good double-under.

Power Snatch (Ground to Overhead)

This power snatch is really a ground to overhead anyhow. The key point is the range of motion between the start and end points.



For a barbell loaded with full sized plates, the bottom is when the plates touch the ground.



For an empty bar, the bottom is when the barbell passes below the knee cap.



The overhead position is when knees and hips are fully extended, arms are locked out overhead and the bar is over or behind the heels.

REQUIRED EQUIPMENT:

To complete this workout, you will need a jump rope and a barbell loaded to the appropriate weight for your gender and age group.

ADDITIONAL NOTES:

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 successful double-unders, plus the number of power snatches in the final round (if incomplete). With the power snatch, make sure you come to full extension on every rep.



CFG OPEN II.1
 17:00 PDT Tuesday, March 15
 through
 17:00 PDT Sunday, March 20

CrossFit Games Open II.1 | SCORE CARD

Complete as many rounds and reps as possible in 10 minutes of:
 30 Double-unders
 15 Power snatches

Athlete Name _____ Judge Name _____

ROUND #	DOUBLE-UNDER	POWER SNATCH
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		
TOTAL COMPLETED ROUNDS	_____ Rounds	
ADDITIONAL REPS	_____ Double-unders	_____ Snatches