



## OPEN WEEK 3

17:00 PT, THURSDAY, MARCH 7, THROUGH 17:00 PT, MONDAY, MARCH 11

Presented by

# ASSAULT FITNESS

### WORKOUT 19.3

For time:

200-ft. dumbbell overhead lunge  
50 dumbbell box step-ups  
50 strict handstand push-ups  
200-ft. handstand walk

**Time cap: 10 minutes**

### VARIATIONS

**Rx'd:** (Ages 16-54)

Men use 50-lb. dumbbell, 24-in. box

Women use 35-lb. dumbbell, 20-in. box

**Scaled:** (Ages 16-54)

Men use 50-lb. dumbbell and 24-in. box, perform front-rack lunges, 5-in. elevated strict HSPU and bear crawl  
Women use 35-lb. dumbbell and 20-in. box, perform front-rack lunges, 5-in. elevated strict HSPU and bear crawl

**Teenagers 14-15:**

Boys use 35-lb. dumbbell and 24-in. box, perform overhead lunges, strict HSPU and handstand walk  
Girls use 20-lb. dumbbell and 20-in. box, perform overhead lunges, strict HSPU and handstand walk

**Scaled Teenagers 14-15:**

Boys use 35-lb. dumbbell and 24-in. box, perform front-rack lunges, 5-in. elevated strict HSPU and bear crawl  
Girls use 20-lb. dumbbell and 20-in. box, perform front-rack lunges, 5-in. elevated strict HSPU and bear crawl

**Masters 55+:**

Men use 35-lb. dumbbell and 24-in. box, perform overhead lunges, 5-in. elevated strict HSPU and handstand walk  
Women use 20-lb. dumbbell and 20-in. box, perform overhead lunges, 5-in. elevated strict HSPU and handstand walk

**Scaled Masters 55+:**

Men use 20-lb. dumbbell and 20-in. box, perform front-rack lunges, dumbbell strict presses (with two dumbbells) and bear crawl  
Women use 10-lb. dumbbell and 16-in. box, perform front-rack lunges, dumbbell strict presses (with two dumbbells) and bear crawl

### NOTES

Prior to starting this workout, the athlete will need to mark a starting point on the floor, then measure out no more than 25 feet and make another mark on the floor at the finishing point. Additionally, marks must be made every 5 feet to create sections, each of which represents 1 rep of the lunge and handstand walk.

A box measuring 36 inches wide and 24 inches deep also must be marked on the floor in front of the wall where strict handstand push-ups will be performed.

This workout begins with the dumbbell on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete will pick up a single dumbbell and lunge with it overhead for 200 feet. The athlete then will perform 50 dumbbell box step-ups with one dumbbell. After completion of the dumbbell box step-ups, the athlete will perform strict handstand push-ups. Once 50 strict handstand push-ups are completed, the athlete will handstand walk for 200 feet.

The athlete's score will be the time it takes to complete the workout or the total number of repetitions completed before the 10-minute time cap.

### TIEBREAK

The scoring for this workout includes a tiebreak. The athlete's time after completing the final box step-up will be used as a tiebreak time. Another tiebreak time will be recorded after the final handstand push-up is completed. When you submit your final result, your score will be the number of reps completed. There will be another field where you will enter the elapsed time at which you completed either your final box step-up or your final handstand push-up. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

If the entire workout is completed in under 10 minutes, your score is the total time it takes you to complete the workout.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. **Do not use a countdown timer.**



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### EQUIPMENT

- Dumbbell of appropriate weight for your division\*†
- Box of appropriate height for your division (the top of the box must be at least 15-by-15 inches)
- Measuring tape
- Floor marks for the strict handstand push-up box
- Floor marks for the single-arm overhead walking lunge and handstand walk

\*Kilogram dumbbells may not be used by athletes competing in the U.S. or Canada. If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athletes using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed.

†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 5 kg (10 lb.).

If gym space is limited and a 25-foot lunge and handstand walk area is not available, athletes will be permitted to lunge back and forth in a smaller area so long as the 5-foot intervals still can be seen clearly.

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

Prior to starting, film the dumbbells so the weight can be seen clearly, and show the height of the box being measured with a tape measure. Also film the measuring process for the strict handstand push-up box and the length of the floor marks for the overhead lunge and handstand walk. All video submissions should be uncut and unedited in order to accurately display the performance. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



## OPEN WEEK 3

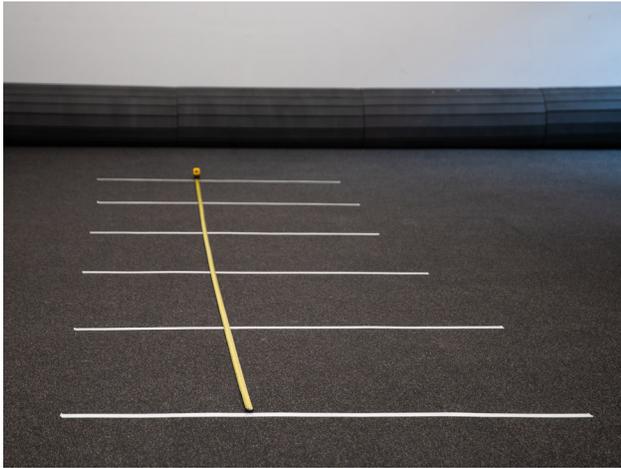
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### MOVEMENT STANDARDS

#### PREPARING THE FLOOR FOR THE LUNGE, HANDSTAND WALK AND BEAR CRAWL



The workout area for the lunge, handstand walk and bear crawl must be divided into 5-foot sections visibly marked on the floor. Ideally, the lane will have five consecutive sections, allowing for a 25-foot movement in one direction and a 25-foot movement back.

Performing the lunge, handstand walk or bear crawl more than 25 feet in one direction without turning around is not allowed.

#### OVERHEAD LUNGE



This is a single-arm overhead walking lunge. Each lunge begins with a dumbbell overhead, the feet together and the athlete standing tall with hips and knees extended. The athlete must be **behind** the mark denoting the start of the segment being attempted.



At the bottom of the overhead lunge, the trailing knee must make contact with the ground and the dumbbell must be above the height of the athlete's head. If, during the lunge, either head of the dumbbell comes into contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the last completed section in order to continue. There is no requirement to switch arms; athletes may choose to do so of their own accord. However, athletes must complete a 5-foot section prior to switching arms. Lunging in place is not allowed.



The rep is credited when the athlete gets both heels across the line, has the dumbbell in the overhead position and is standing tall with hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each step. Shuffle steps between steps are not allowed.

Each 5-foot section will count as 1 rep. If the athlete fails to meet any standard during a step, the athlete must restart from behind the last 5-foot section successfully completed.

## MOVEMENT STANDARDS

### DUMBBELL FRONT-RACK LUNGE (SCALED ONLY)



For divisions using the front-rack lunge, the dumbbell is supported on the shoulders in front of the body.



Athletes may support the dumbbell with one or two hands. At least one hand must remain in contact with the dumbbell at all times.

### DUMBBELL BOX STEP-UP



For every repetition of the dumbbell box step-up, the athlete starts with both feet on the ground and faces the box. With the dumbbell supported in any position but not resting on the leg, the athlete must step to the top of the box. Only the athlete's feet may make contact with the box. If the athlete is holding the dumbbell with one hand, the free hand may not push into the legs during the step-up.



The rep is credited when both of the athlete's feet are on the top of the box and the hips and knees are fully extended. Athletes must alternate legs to start each step.



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### MOVEMENT STANDARDS STRICT HANDSTAND PUSH-UP



Prior to starting, a box that is 36 inches wide and 24 inches deep must be marked on the floor.



Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, only the heels in contact with the wall, the hips open and the body in line with the arms. The feet must remain inside the width of the hands throughout the entire repetition.



At the bottom, the athlete's head makes contact with the ground or target. For athletes competing in a division that does not require elevation, if the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the tops of the plates.

The feet do not need to remain in contact with the wall for the entire repetition, but athletes must begin and end each repetition with their heels on the wall. At the finish of each repetition, the athlete must reach full lockout, with the hips open, body in line with the arms and heels touching the wall.

Kipping is not allowed. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition.



The palms of the hands must stay within the dimensions of the box marked on the ground, but the fingers may extend past the line.

## MOVEMENT STANDARDS

### ELEVATED HANDSTAND PUSH-UP (MASTERS 55+, SCALED DIVISIONS ONLY)



For divisions that require an elevated handstand push-up, the start and end positions are the same as described for the strict handstand push-up.



Set up a target of appropriate height for your division. The head must touch the target depth before returning to the finish position.

### HANDSTAND WALK



The athlete must start with the hands (entire hand, including palm and fingers) **behind** the mark denoting the start of the segment being attempted. When kicking up, stepping across the line or landing with the hands on or over the line constitutes a no rep. Athletes must walk forward.



If the athlete comes down at any time, the athlete must restart from the last increment completed. Both hands, including palms and fingers, must touch the ground in front of the line marking the 5-foot section to earn credit for that distance. Each 5-foot section will count as 1 rep. Athletes must handstand walk across the line and may **not** jump both hands over the line to finish a section.



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### MOVEMENT STANDARDS

#### BEAR CRAWL (SCALED ONLY)



The athlete must place both hands (entire hand, including palm and fingers) on the ground **behind** the mark denoting the start of the section being attempted. Reaching across the line and placing hands into the section constitutes a no rep. During the bear crawl, the athlete must touch both palms to the floor and raise the hips above the height of the head so as to be supporting some body weight with the arms.

If at any time the athlete stands up, drops to the floor or drops the hips below the height of the head, the athlete must restart from the last line crossed. Both hands and both feet must cross the line marking the 5-foot section to earn credit for that distance. Each 5-foot section will count as 1 rep.

#### DUMBBELL STRICT PRESS (MASTERS 55+ SCALED ONLY)



Each rep of the press begins with the dumbbells at the shoulders and the feet in line. During the rep, any halt in the upward motion of the dumbbells constitutes a no rep. The athlete may **not** receive assistance with any movement from the hips or legs. Excessive backward leaning of the torso is not allowed. The feet must remain flat on the ground. A push press or jerk is not allowed.

The rep is credited when the arms, hips and knees are fully extended with the dumbbells directly over the middle of the body.



# OPEN WEEK 3 SCORECARD (ALL)

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## WORKOUT 19.3

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- 50 dumbbell box step-ups
- 50 strict handstand push-ups
- 200-ft. handstand walk

Time cap: 10 minutes

Tiebreaks: After final box step-up and final handstand push-up

### VARIATIONS

**Rx'd:** (Ages 16-54)

Men use 50-lb. dumbbell, 24-in. box

Women use 35-lb. dumbbell, 20-in. box

**Scaled:** (Ages 16-54)

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**Teenagers 14-15:**

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200-FT. DUMBBELL LUNGE	5'___	10'___	15'___	20'___	25'___	40			
	30'___	35'___	40'___	45'___	50'___				
	55'___	60'___	65'___	70'___	75'___				
	80'___	85'___	90'___	95'___	100'___				
	105'___	110'___	115'___	120'___	125'___				
	130'___	135'___	140'___	145'___	150'___				
	155'___	160'___	165'___	170'___	175'___				
	180'___	185'___	190'___	195'___	200'___				
								90	
								140	TIME
200-FT. HANDSTAND WALK *	5'___	10'___	15'___	20'___	25'___	180			
	30'___	35'___	40'___	45'___	50'___				
	55'___	60'___	65'___	70'___	75'___				
	80'___	85'___	90'___	95'___	100'___				
	105'___	110'___	115'___	120'___	125'___				
	130'___	135'___	140'___	145'___	150'___				
	155'___	160'___	165'___	170'___	175'___				
	180'___	185'___	190'___	195'___	200'___				
								180	TIME

Time \_\_\_\_\_ OR Reps at 10 Min. \_\_\_\_\_

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

Tiebreak Time \_\_\_\_\_

Print

Rx'd  Scaled

Workout Location \_\_\_\_\_ Judge \_\_\_\_\_

Name of Affiliate

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.

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Affiliate Copy

Athlete Copy

## WORKOUT 19.3

Time \_\_\_\_\_ OR Reps at 10 Min. \_\_\_\_\_

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

Tiebreak Time \_\_\_\_\_

Print

Rx'd  Scaled

Workout Location \_\_\_\_\_ Judge \_\_\_\_\_

Name of Affiliate

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 \_\_\_\_\_