



OPEN WEEK 1

17:00 PT, THURSDAY, OCTOBER 10, THROUGH 17:00 PT, MONDAY, OCTOBER 14

Presented by



WORKOUT 20.1

10 rounds for time of:
8 ground-to-overheads
10 bar-facing burpees

♀ 65 lb. ♂ 95 lb.

Time cap: 15 minutes

WORKOUT VARIATIONS

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

♀ 65 lb.

♂ 95 lb.

Scaled (*Scaled Ages 16-54*)

♀ 45 lb., may step over bar on burpees

♂ 65 lb., may step over bar on burpees

Teenagers 14-15

♀ 45 lb.

♂ 65 lb.

Scaled Teenagers 14-15

♀ 35 lb., may step over bar on burpees

♂ 45 lb., may step over bar on burpees

Masters 55+

♀ 45 lb.

♂ 65 lb.

Scaled Masters 55+

♀ 35 lb., may step over bar on burpees

♂ 45 lb., may step over bar on burpees

NOTES

Prior to starting the workout, the athlete will need to set up a barbell, with standard plates, to jump over during the burpees. This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1... go," the athlete may pick up the barbell and perform 8 ground-to-overheads then 10 bar-facing burpees for 10 rounds.

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 15-minute time cap.

There is no tiebreak for this workout.

EQUIPMENT

- Barbell(s)
- Standard bumper plates (18-inch diameter) to load barbell for burpee
- Collars to secure the plates on the barbell
- Plates to load to the appropriate weight for your division*

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 29 kg (65 lb.), 20 kg (45 lb.), and 15 kg (35 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 plates and barbell 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

GROUND-TO-OVERHEAD



- Every rep begins with the barbell on the ground.
- Any variation of a snatch or clean and jerk is acceptable.
- Touch and go is permitted, but deliberately bouncing the barbell is not.
- Dropping from overhead is OK, but the bar must settle on the ground before the next rep.



- If using an empty barbell, or a barbell with smaller-than-standard bumper plates, each rep must begin with the barbell clearly below the knees.



THE REP IS CREDITED WHEN:

- The barbell is at full lockout overhead, with the hips, knees, and arms fully extended.
- The barbell is directly over or slightly behind the middle of the body.
- Note: If a split-style lift is used, both feet must be brought back in line to finish the rep.

MOVEMENT STANDARDS

BAR-FACING BURPEE



- Must use a barbell with 18-inch plates.
- Must be performed perpendicular to and facing the barbell.



- May jump or step back to reach the bottom position.
- Chest and thighs must touch the ground with the head behind the barbell.
- Hands and feet must remain inside the width of the plates.
- Stepping and/or jumping back to the starting position are both permitted.



- Must jump over the barbell using a two-foot takeoff. Touching the bar, single-legged jumping, or stepping over is not permitted.
- Scaled divisions may step over the bar.



- The rep is credited when both feet have touched the ground on the opposite side of the barbell.
- No need to land with both feet at the same time.
- Must be perpendicular to and facing the barbell before starting the next rep.
- If a "no rep" is received for any reason, the entire rep must be repeated.



OPEN WEEK 1 SCORECARD (ALL)

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Scaled Masters 55+

♀ 35 lb., may step over bar on burpees

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ROUND	8 GROUND-TO-OVERHEADS	10 BAR-FACING BURPEES
1	8	18
2	26	36
3	44	54
4	62	72
5	80	90
6	98	108
7	116	126
8	134	144
9	152	162
10	170	180

TIME

Time _____ OR Reps at 15 Min. _____

Athlete Name _____

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 20.1

Time _____ OR Reps at 15 Min. _____

Athlete Name _____

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