

AFFILIATE

OPEN 22.3

OPEN 22.3

// BENCHMARK

TIME | 12:00 LOADING | 3/5 SKILL | 4/5 VOLUME | 4/5

RX

For time:

21 pull-ups
42 double-unders
21 thrusters (65/95 lb)
18 chest-to-bar pull-ups
36 double-unders
18 thrusters (75/115 lb)
15 bar muscle-ups
30 double-unders
15 thrusters (85/135 lb)
Time cap: 12 minutes

INTERMEDIATE

For time:

21 jumping chin-over-bar pull-ups
42 single-unders
21 thrusters (45/65 lb)
18 chin-over-bar pull-ups
36 single-unders
18 thrusters (55/85 lb)
15 chest-to-bar pull-ups
30 single-unders
15 thrusters (65/105 lb)
Time cap: 12 minutes

BEGINNER

For time:

21 bent-over rows
42 jumping jacks
21 thrusters (35/45 lb)
18 jumping chin-over-bar pull-ups
36 jumping jacks
18 thrusters
15 jumping chest-to-bar pull-ups
30 jumping jacks
15 thrusters
Time cap: 12 minutes

SKILL WORK

Rest, stretch, recover

GOALS

INTENDED STIMULUS

- ✓ Remember to consult the official standards, requirements, and regulations on the CrossFit Games website: <https://games.crossfit.com/workouts/open/2022/1>
- ✓ Today's workout is increasingly challenging, which means that pacing and strategy can help stave off fatigue. If you struggle with higher skill movements and loadings, don't try to win the workout in the first 3 movements.
- ✓ Athletes who struggle with the 65/95 lb thruster weight and chest-to-bar pull-ups should consider scaling the workout, or breaking the thrusters into descending rep schemes in order to make their way through the pull-ups and double-unders.
- ✓ If you athletes struggle with bar muscle-ups they should break up the 75/115 lb thrusters as needed in order to best prepare for working through the bar muscle-ups.
- ✓ Advanced athletes should consider performing the the double unders, pull-ups, and lighter thrusters in large or unbroken sets to push under the time cap.

▶ WATCH DAILY VIDEO

SCALING

OVERVIEW

- In today's workout, each set gets progressively more difficult. When scaling, first establish the most challenging pulling exercise that an athlete can perform. That exercise will become their pulling movement for the final set. Then we can make each of the preceding sets a little easier. For example, if the most challenging pulling exercise for an athlete is chin-over-bar pull-ups, the other two sets can be jumping pull-ups and ring rows.
- Scale the load of the thruster as well. An athlete should be able to perform the final round of thrusters in 5 sets or less. You should establish a weight that allows the athlete to perform at least 3 reps at a time. Once you have found that weight, back fill the other two sets. For example, if the heaviest weight the athlete can use is 95 lb, then the second weight might be 75 lb, and the first weight might be 45 or 55 lb.
- Consider scaling the double-unders in two ways: If the athlete has the ability to perform a few double-unders, but not the Rx'd amount, give them a minute to accumulate as many reps as possible before moving to the next exercise. The other option is having the athlete perform single-unders if they can't perform double-unders.

MOVEMENT SCALING OPTIONS

Pull-ups | Reps, jumping chin-over-bar pull-ups, ring rows

Double-unders | 1:00 of double-unders, single-unders

Thrusters | Load, front squats, push presses, DB thrusters

Chest-to-bar pull-ups | Reps, chin-over-bar pull-ups, jumping chest-to-bar pull-ups

Bar muscle-ups | Reps, chin-over-bar pull-ups, jumping muscle-ups

LOGISTICS

LIMITATIONS

- Consult the CrossFit Games Open website: <https://games.crossfit.com/workouts/open/2022/1>

Room setup

- Today's workout requires athletes to set up quite a bit before starting. Set aside at least 8:00 to ensure the following is taken care of:
 - 1) Athletes have the necessary weights for the thrusters.
 - 2) Set up a tape line that is 8 feet from the pull-up rig. The bar should be situated on the side of this line that is furthest from the rig.
 - 3) If athletes are performing the scaled version of the workout, they'll need to measure 6 inches from the top of their head to the pull-up bar for the jumping pull-ups.
 - 4) If athletes plan to log their scores on the CrossFit Games website, judges will need to record their tiebreaker times. Judges should be reminded to do this.
 - 5) Athletes may set up multiple bars or receive help in changing the weights on their bar.

OTHER CONSIDERATIONS

Multiple heat considerations

- Running multiple heats can be a fun way to keep athletes motivated and encourage a little friendly competition in your gym. Keep in mind that this option requires double the amount of time for the workout, which leaves less time teaching, reviewing, and warming up. Running two heats requires you to have a plan and stick to a timeline.
- Plan for each heat to take the full 12:00, which means you need at least 24:00 to get two heats through this workout.
- If this is an option you would like to consider, athletes should be partnered up immediately after the whiteboard brief. Keep in mind that the partners do not have to perform the same versions of the workout.
- The warm-up should focus on teaching and reviewing the movements and standards, as well as getting Athlete 1 ready to rock for the workout. With bathroom breaks, preparations for the second heat, and transition time, this warm-up should take no longer than 15:00-18:00.
- Coaches, spend most of the warm-up focusing on the different pulling movements and loading up for the thrusters. Spend a significant amount of time coaching the bar muscle-up. This can be a time suck and potentially throw off your timeline. Look to the specific warm-up on how to introduce bar muscle-ups to the class.
- The first heat of the workout should start no later than 25:00 into class.
- At the call of "3, 2, 1 ... go," Athlete 1 will have 12:00 to perform the workout. Athlete 2 will judge Athlete 1 and keep track of their score. When 12:00 expires, put both athletes on a 5:00-7:00 clock. Athlete 1 needs time to recover and Athlete 2 needs time to warm up. After 5:00-7:00, it's Athlete 2's time to shine and Athlete 1 will now judge and track Athlete 2's score.

WHITEBOARD BRIEF

ESTIMATED TIME = 4:00

Target Reps | 156-216 reps

- The final week of the 2022 NOBULL CrossFit Open is here. Get ready to tackle Workout 22.3.
- In this week's workout we see three different sections. The first section is essentially the easiest with the most amount of reps. Then, as you move to the second section, the reps go down and the movements get a little harder. Finally, the third round is the most difficult. The reps go down, but the movements are the most challenging.
- For most athletes who have consistent pull-ups and double-unders, the first section of the workout is a trap, meaning that it is simply here to get you to come out of the gate hot. However, you have to be smart. For most, blazing through the first set will set you up poorly for the rest of the workout. Only consider burning the first set down if you can perform 21 chin-over-bar pull-ups unbroken and still be relatively unfazed. Most athletes should consider chipping away at the first set in a manageable manner. This means breaking the pull-ups into 2-4 sets, staying smooth on the double-unders, and breaking the thrusters into 2-3 sets.
- The second and third sets are where the bulk of the work is. If chest-to-bar pull-ups are hard for you and you know the heavier bar is going to be a struggle, break up the reps in the second set to ensure we get the best chance of finishing that section. Consider fast singles on the chest-to-bar pull-ups and 2-3 reps at a time on the thrusters.
- If your goal is to make it to the third section and get as many bar muscle-ups as possible, then consider 3 sets of descending reps on the 75/115 lb thruster and chest-to-bar pull-ups. For example, 7-6-5 reps.
- Finally, if you are hopeful to finish this workout, disregard the talk about not burning down the first section. Instead, you need to move through this section by performing 1-2 sets on the pull-ups, unbroken double-unders, and 1-2 sets on the thrusters. This should take no longer than 2:00. This will give you about 10:00 to get through the next two sections.
- This workout challenges capacity, strategy, and ability to get work done when fatigued. We know that many of us might struggle with the bar muscle-ups. But this is also a chance to achieve your first bar muscle-ups. If you don't have bar muscle-ups, but believe you can safely make your way to that point in the workout, consider trying for your first one today! In the worst case scenario use small sets and singles to keep fighting forward. The warm-up will explain scaling options and prepare you for the most challenging pulling exercises. We will also spend time building up to the different loads we plan to use in each section of the workout.

LINKS

KIPPING PULL-UP

CHEST-TO-BAR PULL-UP

BAR MUSCLE-UP

DOUBLE-UNDER

THRUSTER

CHEST-TO-BAR FAULTS

BAR MUSCLE-UP TIPS

22.3 MOVEMENT TIPS

OPEN LEADERBOARD

LEARN MORE ABOUT CAP

GENERAL WARM-UP

ESTIMATED TIME = 10:00

SPECIFIC WARM-UP

ESTIMATED TIME = 22:00

AT A GLANCE

- ✓ Have athletes get ready with a barbell and jump rope as soon as the whiteboard brief is over.
- ✓ Communicate to athletes that this will be a fast-paced general warm-up.
- ✓ Let athletes move on their own, but spot and correct 1-3 athletes every time a new movement is performed.
- ✓ Focus on improving the rack position in the front squat and the overhead position in the push press finish.
- ✓ If running two heats, have athletes partner up with a barbell they can share and a jump rope for each of them. Let them know they're going to start moving quickly!

PROGRESSIVE WARM-UP | 9:00

- Spend 3:00-4:00 on the first circuit and 5:00-6:00 on the second.
- Demonstrate each movement as you lead athletes through the first set.
- Have athletes complete the reps at their own pace, but keep them moving without much rest.

2-3 sets:

:20 single unders
5 leg swings per side
10 alternating overhead lunges

2-3 sets:

:20 double-unders or attempts
5 scap pull-ups or 5 ring rows
10 shoulder presses
10 front squats
10 kip swings

GENERAL WARM-UP FOR TWO HEATS | 7:00

- Start a clock and have one partner work on the jump rope for :45 and the other doing an AMRAP of various movements during their work period. Take about :10 to transition and then switch.
- Take :30-1:00 to demonstrate the new movements prior to each set.
- Remind athletes that this warm-up is fast-paced to provide more practice time with the thruster and complex gymnastics movements.

1 set w/ a partner:

Partner 1 | :45 single-under
Partner 2 | AMRAP squats

1 set w/ a partner:

Partner 1 | :45 single-single-double practice
Partner 2 | AMRAP 5 kip swings + 5 push-ups

1 set w/ a partner:

Partner 1 | :45 double-under practice
Partner 2 | AMRAP 5 front squats + 5 push presses

AT A GLANCE

- ✓ Quickly review the basic gymnastics pulling movements and give athletes 3:00-5:00 of practice time on the BMU.
- ✓ Touch base with every athlete and figure out which pull-up variations and scales they'll be performing during the BMU practice time.
- ✓ Briefly review the thruster. Focus on range of motion and safety. Make sure athletes can keep their elbows from crashing into their knees.
- ✓ After building to their heaviest thruster, deload the bars and quickly move through mini-rounds to ensure proper scaling.
- ✓ If running two heats, integrate both the gymnastics and thruster buildup as a couplet and provide 1-2 coaching points for each movement.

GYMNASTICS PULLING PROGRESSION | 10:00

- Take the class through the progression together and encourage scaled athletes to practice their kipping and chest-to-bar pull-ups with various techniques.
- Perform 3-5 reps of kipping and chest-to-bar pull-ups while discussing the different advantages and demands of performing butterfly pull-ups, gymnastics kipping pull-ups, or singles.
- Athletes should take 2-3 attempts at the climbing pull-up drill, even if they can only do a chin-over-bar pull-up. Trying to pull deeper will help them progress.
- Provide at least 5:00 of practice for the BMU and scaling options before moving on to the thruster.
- For the BMU, emphasize a big lean back during the rep and a jump into the bar to initiate. Athletes should practice both consecutive reps and singles to prepare for how they may feel during the workout.

Progression // Focus

- 1) Kipping pull-ups // Push away at the top of each rep to reset the swing.
- 2) Chest-to-bar pull-ups // Bigger arch, bigger press-down, and a bigger push away.
- 3) Climbing pull-up drill // Perform 3-5 unbroken pull-ups, starting with chin-over-bar, and pull the bar deeper on the body with each rep.
- 4) Bar muscle-ups // Scoop the toes high, then lean back and pull the bar down to the hips during the kip.
- 5) Bar muscle-up and scaling // Take 3:00-5:00 to allow athletes to practice the BMU while covering scaling options with anyone who needs them.

SPECIFIC WARM-UP

WARM-UP CONTINUED

THRUSTER REVIEW AND BUILDUP | 8:00

- Aim to spend 3:00 on the progression. This should give athletes 5:00 to build up to their heaviest barbell in the workout.
- Have athletes complete 3-5 reps on your call and an additional 3-5 reps on their own.

Progression // Focus

- 1) Thrusters // Hips back and down, then stand as fast as possible.
- 2) Top-to-top thrusters // Fully return the barbell to the rack before initiating the squat.

1 set:

- 10 thrusters (light or empty bar)
- 8 thrusters (first barbell)
- 6 thrusters (second barbell)
- 4 thrusters (third barbell)

MINI WOD | 4:00

- Have athletes deload their barbells and practice running through the ascending weights and gymnastics movements at speed.
- Time cap this mini WOD at 3:00 and be on the lookout for athletes who are unable to safely complete the work.
- Have athletes visualize both good and less-than-ideal reps to prepare for doing work under fatigue.

1 set:

- 25 double-unders
- 5 pull-ups
- 5 thrusters (65/95 lb)
- 4 chest-to-bar pull-ups
- 4 thrusters (75/115 lb)
- 3 bar muscle-ups
- 3 thrusters (85/135 lb)

SPECIFIC WARM-UP

WARM-UP FOR TWO HEATS ONLY

SPECIFIC WARM-UP FOR TWO HEATS | 12:00

- Take roughly 8:00 to build through the pulling movements and thrusters slowly and 4:00 to run back through the movements and loads at a workout pace.
- Athletes can share equipment as needed when performing the warm-up in an I-go-you-go fashion.
- Spend little time teaching and focus more on looking for faults pertaining to safety or movement standard violations. Make corrections as needed.

1 set:

- 10 kip swings
- 12 thrusters (empty barbell)
- 5 kipping pull-ups
- 10 thrusters (light load)
- 5 chest-to-bar pull-ups
- 8 thrusters (first barbell)
- 1 climbing pull-up drill
- 6 thrusters (second barbell)
- 2:00 bar muscle-up practice
- 4 thrusters (third barbell)
- Athletes need to move at a moderate pace and identify which pull-up/bar muscle-up options will be best for them.

1 set:

- 25 double-unders
- 5 pull-ups
- 5 thrusters (65/95 lb)
- 4 chest-to-bar pull-ups
- 4 thrusters (75/115 lb)
- 3 bar muscle-ups
- 3 thrusters (85/135 lb)
- Encourage athletes to move quickly through this warm-up. Focus on thruster range of motion and elbow position.

BREAK

ESTIMATED TIME = 4:00

WORKOUT

ESTIMATED TIME = 15:00

AT A GLANCE

- ✓ Help each athlete tailor their strategy for the workout based on their capacity and goals. Beginner and intermediate athletes may need to break reps into more sets earlier in the workout. Advanced athletes may need to move faster and perform bigger sets earlier in the workout to have a chance at finishing.
- ✓ Help athletes be more aggressive with their kipping swings. Focus on increasing momentum and elevation on the pull-up bar.
- ✓ As the load increases in the thrusters, don't let athletes get away with unsafe movement. Watch for elbows crashing into the knees and/or the athlete getting buried in the bottom of their squat.
- ✓ If athletes start to fail reps, spend time helping them rest for :20-:30 intervals. Athletes often take too little rest after failed reps.

COACHING STRATEGIES

- A lot of today's workout is focused around the kipping swing. Based on an athlete's capacity, they need to be more aggressive through their hips and their backswing. Focus on how far their shoulders get behind the pull-up bar. To help them get further behind the bar and gain more elevation, have them press down more against the bar and swing their legs through faster. This extra boost of speed and power should get their shoulders further behind the pull-up bar and make their pulling movement easier.
- Expect the thruster to get relatively heavy for each athlete at different points in the workout. Look for the athlete to drive their heels into the ground, stand up as fast as they can, squeeze their glutes and thighs, and punch the bar overhead. Make sure the athlete is checking each of these boxes from the ground up. If they aren't checking these boxes, expect their movement to look slow and segmented. Ideally, the thruster is one fluid movement no matter how heavy the weight is.
- As athletes get to the third section expect to see a few things happen in the bar muscle-ups. Remember that we want to see the athlete get as far behind the bar as possible before they bend their arms. Look at their shoulders in relation to the bar. If their shoulders don't get that far behind the bar, they could be bending their arms early or not being aggressive enough with their swing. Both of these situations are going to make it challenging to perform reps.
- During the transition of the BMU, take notice of where the athlete's body is in relation to the pull-up bar. If their body is further away from the bar, expect a failed rep or a funky rep. They will have to fight to finish each one of these reps. On the other hand, if their body is close to the bar as they transition, expect the rep to look fluid and almost effortless. As athletes attempt the transition, encourage them to press the bar into their hips as they rotate about the bar. If needed, cue them to pause at the top of the bar and prepare for a bigger kip on the next rep to help with this.

WORKOUT

WORKOUT CONTINUED

LOOK FOR

Pull-ups

- 1) Losing the kipping swing.
- 2) Struggling to get their chin over the bar.

Double-unders

- 1) Elbows coming away from the body.
- 2) Tripping on the rope.

Thrusters

- 1) Elbows coming into contact with the thighs.
- 2) Segmenting the movement.
- 3) Collapsing in the squat.

Chest-to-bar pull-ups

- 1) Struggling to touch their chest to the bar.
- 2) Not getting high enough to touch their chest.

Bar muscle-ups

- 1) Transitioning one elbow at a time.
- 2) Hitting the chest against the bar, but failing the transition.

CUES

Pull-ups

- 1) Cue athlete to jump down and restart their swing. Cue athlete to focus on their back swing in each rep.
- 2) Encourage the athlete to try for a bigger kip swing, "the biggest swing they have ever done."

Double-unders

- 1) Cue athlete to pull the elbows in toward their body.
- 2) Cue athlete to jump a little higher or spin the rope a little faster.

Thrusters

- 1) Cue athlete to lift their elbows up as they squat.
- 2) Cue the athlete to stand, squeeze, and punch all in one motion. The athlete also may need to reduce the weight.
- 3) Cue athlete to bring the bar back down to the shoulders and think about pulling themselves to the bottom of the squat rather than falling.

Chest-to-bar pull-ups

- 1) Consider changing the grip or widening the hands on the pull-up bar.
- 2) Cue athlete to perform a bigger kipping swing prior to pulling their chest to the bar.

Bar muscle-ups

- 1) Cue the athlete to perform the transition like they were getting out of a pool. Both elbows should transition at the same time.
- 2) Cue athlete to press the bar into the hips while they transition about the bar.

COOLDOWN

ESTIMATED TIME = 5:00

AT A GLANCE

- ✓ Record total reps finished or time.
- ✓ Remind athletes to submit their scores on the CrossFit Games Open website.
- ✓ Celebrate the completion of anyone's first CrossFit Open and the end of the 2022 NOBULL CrossFit Open.
- ✓ If you have more than 5:00 in class, lead athletes through today's stretching. If you have less than 5:00, then demo the stretching and allow athletes to move on their own.

STRETCHING

- The coach should give athletes the remaining time in class to stretch and mobilize. Coaches can recommend the stretching below.
- Set a clock so athletes can keep track of time.

2 sets

:30 couch stretch/leg

:30 standing calf stretch/leg