NOBULL CrossFit® OPEN 2021

OPEN WEEK 2
17:00 PT THURSDAY, MARCH 18, THROUGH 17:00 PT MONDAY, MARCH 22

Presented by

U.S. ARMY

WORKOUT 21.2 - FOUNDATIONS

For time:

10 alternating snatches
15 burpees
20 alternating snatches
15 burpees
30 alternating snatches
15 burpees
40 alternating snatches
15 burpees
50 alternating snatches
15 burpees

Use a 10-lb. dumbbell or household item for the snatch.

To modify the burpee, omit the push-up portion or elevate the hands during the push-up.

Time cap: 20 min.

NOTES

Prior to starting the workout, find a light dumbbell or something else in the home to snatch. Some creative examples may be a canned good from the pantry or a small stone from the garden.

Begin with 10 snatches, alternating arms after each rep. Once you have completed the snatches, begin the 15 burpees. Then repeat the sequence with 20 snatches and 15 burpees. Each round the repetitions of the snatches will increase but the burpees will remain the same.

For both movements, choose a modification that allows you to complete the range of motion appropriate to your skill and fitness level for the duration of the workout.

Your score will be the total time it takes to complete the workout or the total number of repetitions completed before the 20-minute time cap.

Be sure you have adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

TIEBREAK

Record your time at the end of each set of burpees.

If you complete the workout before the time cap, there will be no tiebreaker.

If you do not complete the workout before the time cap, when you log your score, you will enter the total number of reps you completed as well as the time at which you completed your last full set of burpees. If you and another athlete tie, the athlete with the lower tiebreak time will be ranked higher.
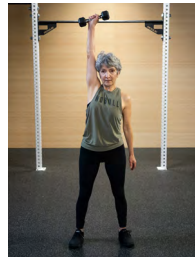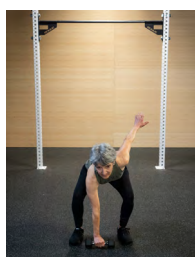
Do **NOT** use a countdown timer.

POINTS OF PERFORMANCE

SNATCH

Option 1:
- The dumbbell snatch starts with both heads of the dumbbell on the ground.
- Keep your heels down and maintain a neutral spine with your eyes on the horizon.
- Quickly extend your hips and legs, and then lift the dumbbell overhead in one motion.
- Finish standing tall with your arm extended overhead.

For a video demonstration of the dumbbell snatch, click HERE.

POINTS OF PERFORMANCE

SNATCH (CONTINUED)

Option 2:

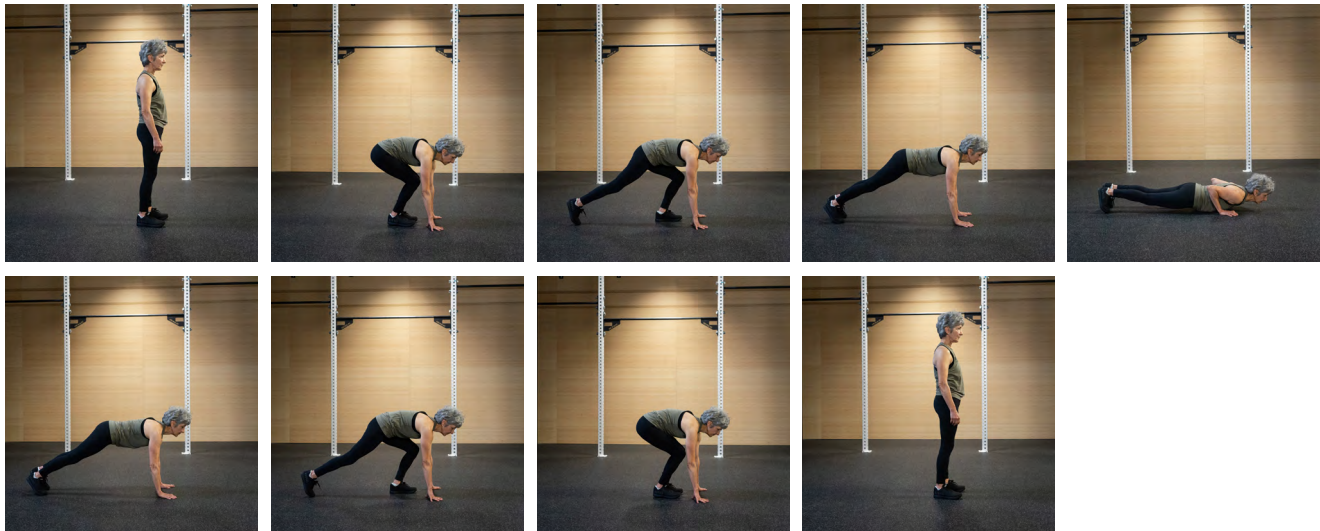• Start from the hang position instead of from the ground.

BURPEE

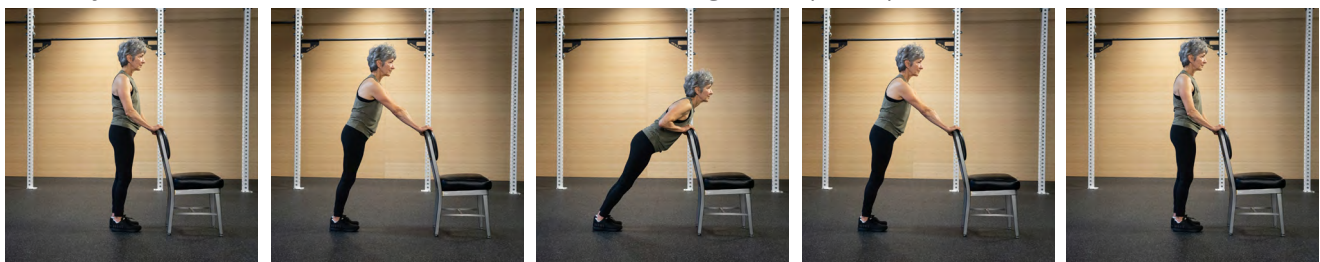**For a video demonstration of the burpee, click HERE.**

Option 1:

• Place both hands on the ground.
• Jump or step back into a plank position and complete a push-up.
• Jump or step forward to a squat position.
• Stand and clap your hands overhead.

Option 2:

• Place your hands on an elevated surface to reduce the challenge of the push-up.
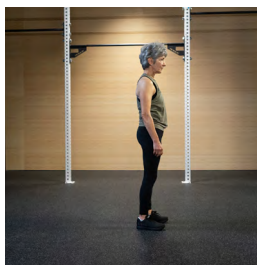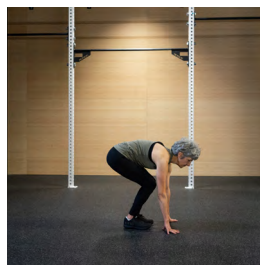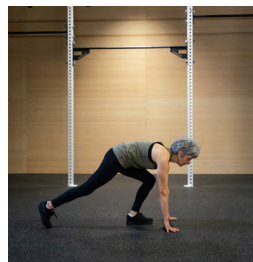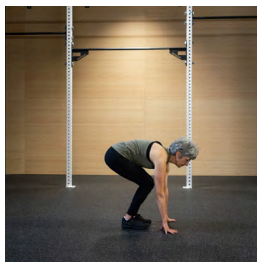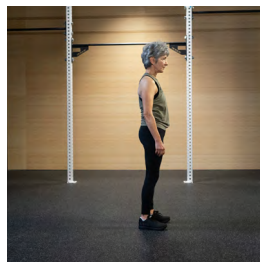
POINTS OF PERFORMANCE

BURPEE

Option 3:

• Omit the push-up.

WORKOUT 21.2 FOUNDATIONS

For time:

10 alternating snatches
15 burpees
20 alternating snatches
15 burpees
30 alternating snatches
15 burpees
40 alternating snatches
15 burpees
50 alternating snatches
15 burpees

Use a 10-lb. dumbbell or household item for the snatch.

To modify the burpee, omit the push-up portion or elevate the hands during the push-up.

Time cap: 20 min.

10 ALTERNATING SNATCHES	10	
15 BURPEES	25	
20 ALTERNATING SNATCHES	45	TIME
15 BURPEES	60	
30 ALTERNATING SNATCHES	90	TIME
15 BURPEES	105	
40 ALTERNATING SNATCHES	145	TIME
15 BURPEES	160	
50 ALTERNATING SNATCHES	210	TIME
15 BURPEES	225	
		TIME

Time OR Reps at 20 Minutes _____

Athlete Name _____
Print

Tiebreak Time _____

Workout Location _____ **Judge** _____
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. _____

Affiliate Copy

Athlete Signature   Date

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