



2018 ADAPTIVE OPEN WEEK 1

17:00 EST, FRIDAY, FEB. 23 THROUGH 23:59 EST TUESDAY, FEB. 27

Complete as many rounds as possible in 20 minutes of:

SEATED Rx

8 Slam Balls
10 Dumbbell Hang Clean and Jerk
10 / 7cal Row

M: 20lb Medball | 35lb Dumbbell
F: 14lb Medball | 20lb Dumbbell

SEATED Scaled

8 Slam Balls
10 Dumbbell Hang Clean and Press
10 / 7cal Row

M: 14lb Medball | 20lb Dumbbell
F: 10lb Medball | 10lb Dumbbell

SPECIFIC DIVISION NOTES

- Medball must be taken from the ground on the first rep.
- Legs may **NOT** be used during the row or strap feet into the rower.
- Rx athletes may not may **NOT** hold onto their chair during the clean and jerk.

STANDING – UPPER Rx

8 Toes-to-Bars or Rings
5 Dumbbell Hang Clean and Jerks
14 / 12cal Row

M: 50lb Dumbbell
F: 35lb Dumbbell

STANDING – UPPER Scaled

8 Hanging Knee Raises
5 Dumbbell Hang Clean and Jerks
14 / 12cal Row

M: 35lb Dumbbell
F: 20lb Dumbbell

SPECIFIC DIVISION NOTES

- Complete all Hang Clean and Jerks on same arm throughout workout.
- SAA may complete Toes-To-Bar or Hanging Knee Raises on Rings instead of Pull-Up Bar.

STANDING – LOWER Rx

8 Toes-to-Bars
10 Dumbbell Hang Clean and Jerks
14 / 12cal Row

M: 50lb Dumbbell
F: 20lb Dumbbell

STANDING – LOWER Scaled

8 Hanging Knee Raises
10 Dumbbell Hang Clean and Jerks
14 / 12cal Row

M: 35lb Dumbbell
F: 20lb Dumbbell

SPECIFIC DIVISION NOTES

- Dumbbell may be stored on a box between rounds, but first rep must be taken from the hang.

ALL DIVISIONS NOTES

All movement standards listed on www.competitioncorner.net

This workout begins with the athlete standing on the floor under the pull-up bar. After the call of “3, 2, 1... go,” the athlete may jump up and perform toes-to-bars. After 8 reps are complete, the athlete will move to the dumbbell for hang clean and jerks. The athlete must complete 5 clean and jerks on one arm, then 5 on the other arm, except for the STANDING – UPPER division, which will complete 5 on the same arm for the entire workout. He or she will then move to the rower and pull 14 calories (12 for women). The monitor must read 14 calories (12 for women) before the athlete can unstrap and move to the pull-up bar for the next round.

The athlete’s score will be the total number of repetitions completed within the 20-minute time cap. Each calorie completed on the row will be equal to 1 rep.

EQUIPMENT

- Pull-up bar or rings for SAA
- Rower that counts calories, similar in type and calibration to a Concept2 rower
- Dumbbell of appropriate weight for your division*†
- * Kilogram dumbbells cannot 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 athlete 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 unless cleared for reason of missing limb cleared with WheelWod directly by email <Wheelwod@gmail.com>
- † The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.).



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SEATED Scaled

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 F: 10lb Medball | 10lb Dumbbell

ROUND	8 Slam Balls	10 Clean & Jerks	10 / 7cal Row
1			28/25
2			56/50
3			84/75
4			112/100
5			140/125
6			168/150
7			196/175
8			224/200
9			252/225
10			280/250
11			308/275
12			336/300
13			364/325
14			392/350
15			420/375
16			448/400

ATHLETE NAME _____

REPS _____

AFFILIATE NAME _____



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ROUND	8 Toes-To-Bar or Ring	5 Clean & Jerks	14 / 12cal Row
1			27/25
2			54/50
3			81/75
4			108/100
5			135/125
6			162/150
7			189/175
8			216/200
9			243/225
10			270/250
11			297/275
12			324/300
13			351/325
14			378/350
15			405/375
16			432/400

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REPS _____

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STANDING – LOWER Scaled

8 Hanging Knee Raises
 10 Dumbbell Hang Clean and Jerks
 14 / 12cal Row
 M: 35lb Dumbbell
 F: 20lb Dumbbell

ROUND	8 Toes-To-Bar or Ring	10 Clean & Jerks	14 / 12cal Row
1			32/30
2			64/60
3			96/90
4			128/120
5			160/150
6			192/180
7			224/210
8			256/240
9			288/270
10			320/300
11			352/330
12			384/360
13			416/390
14			448/420
15			480/450
16			512/480

ATHLETE NAME _____

REPS _____

AFFILIATE NAME _____