



## 2018 ADAPTIVE OPEN WEEK 2

17:00 EST, FRIDAY, MAR 2 THROUGH 23:59 EST TUESDAY, MAR 6

### SEATED Rx

18.2  
1-2-3-4-5-6-7-8  
Box Dips  
Knee Burpees

### SEATED Scaled

18.2  
1-2-3-4-5-6-7-8  
Box Dips  
Push-Ups

#### SPECIFIC DIVISION NOTES

- 18.2 must be completed out of the chair. 18.2a must be completed in a chair or seated position with boxes (or similar supporting the weight).
- You may have someone hold and adjust your legs/feet for the burpees/push-ups.

### STANDING - UPPER Rx

18.2  
Dumbbell Squats  
Bar-Facing Burpees  
M: 50lb Dumbbell  
F: 35lb Dumbbell

### STANDING - UPPER Scaled

18.2  
Dumbbell Squats  
Bar-Facing Burpees  
M: 35lb Dumbbell  
F: 20lb Dumbbell

#### SPECIFIC DIVISION NOTES

- Only one (1) Dumbbell for squats.
- Single-Leg Clean multiplier: 15%
- Single-Arm Clean multiplier: 15%

### STANDING - LOWER Rx

18.2  
Dumbbell Squats  
Bar-Facing Burpees  
M: 50lb Dumbbells  
F: 35lb Dumbbells

### STANDING - LOWER Scaled

18.2  
Dumbbell Squats  
Bar-Facing Burpees  
M: 35lb Dumbbells  
F: 20lb Dumbbells

#### SPECIFIC DIVISION NOTES

- Athlete may squat to a box, plates, or similar object if desired. Box must be set to bottom of parallel squat position.
- **SCALED MAY LIFT OFF 8 INCH BOX TO SET UP HANG CLEAN IN 1 RM 18.2a. HANG CLEANS ARE ALLOWED IN LOWER DIVISIONS**

## ALL DIVISIONS NOTES

All movement standards listed on [www.competitioncorner.net](http://www.competitioncorner.net)

If the athlete completes all the squats (dips for Seated) and burpees (Push-Ups for Scaled Seated) before the 12-minute cap, he or she will use the remaining time to complete Workout 18.2a, a 1-rep-max clean. The clean must be performed with a barbell, and the plates must be secured with collars. The athlete may complete as many attempts as he or she likes until the time cap is up but will only receive credit for the heaviest successful lift. Plates smaller than 1/2 lb. may not be used, and the minimum weight increase will be 1 pound. The athlete may receive assistance from other people to load the barbell between lifts. Each athlete may use only one barbell for 18.2 and 18.2a, and male athletes must use a 45-lb. (20-kg) barbell. The athlete's score for 18.2 will be the total time it takes to complete all 110 reps (72 for Seated) or the number of reps completed at the end of 12 minutes. The athlete's score for 18.2a will be the heaviest weight successfully cleaned, in pounds. If the athlete does not complete the squats and burpees in less than 12 minutes, he or she will not log a score for 18.2a.

Note: If an athlete chooses to scale 18.2, he or she will also have a scaled 18.2a score. An athlete who completes 18.2 as prescribed and fails to complete a lift will be ranked higher on the Leaderboard for both 18.2 and 18.2a than athletes who scale 18.2

## EQUIPMENT

- One pair of dumbbells of appropriate weight for your division\*†
- Barbell
- Standard bumper plates (18-in. diameter) and change plates (no smaller than 1/2 lb.)
- Collars- 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](mailto: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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1 BOX DIP	1	1 BURPEE	2
2 BOX DIPS	4	2 BURPEES	6
3 BOX DIPS	9	3 BURPEES	12
4 BOX DIPS	16	4 BURPEES	20
5 BOX DIPS	25	5 BURPEES	30
6 BOX DIPS	36	6 BURPEES	42
7 BOX DIPS	49	7 BURPEES	56
8 BOX DIPS	64	8 BURPEES	72

### SEATED Rx

1-2-3-4-5-6-7-8

Box Dips

Knee Burpees

TIME OR REPS AT 12:00 \_\_\_\_\_

1-Rep Max Clean	
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# SEATED Scaled

## Score Card

<b>1 BOX DIP</b>	1	<b>1 PUSH-UPS</b>	2
<b>2 BOX DIPS</b>	4	<b>2 PUSH-UPS</b>	6
<b>3 BOX DIPS</b>	9	<b>3 PUSH-UPS</b>	12
<b>4 BOX DIPS</b>	16	<b>4 PUSH-UPS</b>	20
<b>5 BOX DIPS</b>	25	<b>5 PUSH-UPS</b>	30
<b>6 BOX DIPS</b>	36	<b>6 PUSH-UPS</b>	42
<b>7 BOX DIPS</b>	49	<b>7 PUSH-UPS</b>	56
<b>8 BOX DIPS</b>	64	<b>8 PUSH-UPS</b>	72

1-2-3-4-5-6-7-8

Box Dips

Push-Up

TIME OR REPS AT 12:00 \_\_\_\_\_

<b>1-Rep Max Clean</b>	
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**2018 ADAPTIVE OPEN WEEK 2**  
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**WORKOUT 18.2**

**STANDING - UPPER Rx**

Dumbbell Squats  
 Bar-Facing Burpees  
 M: 50lb Dumbbell  
 F: 35lb Dumbbell

**STANDING - UPPER Scaled**

Dumbbell Squats  
 Bar-Facing Burpees  
 M: 35lb Dumbbell  
 F: 20lb Dumbbell

**STANDING - LOWER Rx**

Dumbbell Squats  
 Bar-Facing Burpees  
 M: 50lb Dumbbells  
 F: 35lb Dumbbells

**STANDING - LOWER Scaled**

Dumbbell Squats  
 Bar-Facing Burpees  
 M: 35lb Dumbbells  
 F: 20lb Dumbbells

HANG CLEAN PERMITTED FOR LOWER DIVISIONS

1 SQUAT	1	1 BURPEE	2
2 SQUATS	4	2 BURPEES	6
3 SQUATS	9	3 BURPEES	12
4 SQUATS	16	4 BURPEES	20
5 SQUATS	25	5 BURPEES	30
6 SQUATS	36	6 BURPEES	42
7 SQUATS	49	7 BURPEES	56
8 SQUATS	64	8 BURPEES	72
9 SQUATS	81	9 BURPEES	90
10 SQUATS	100	10 BURPEES	110

TIME OR REPS AT 12:00 \_\_\_\_\_

1-Rep Max Clean	
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