



# 2018 ADAPTIVE OPEN WEEK 4

17:00 EST, FRIDAY, MAR 16 THROUGH 23:59 EST TUESDAY, MAR 20

## SEATED Rx

21-15-9

Seated KB Deadlift

DB Shoulder Press

*M: 2x53lb KBs; 2x35lb Dumbbells*

*F: 2x35lb KBs; 2x20lb Dumbbells*

21-15-9

Seated KB Deadlift

20ft DB Crawl

*M: 2x70lb KBs; 2x50lb Dumbbells*

*F: 2x44lb KBs; 2x20lb Dumbbells*

## SEATED Scaled

21-15-9

Seated KB Deadlift

DB Shoulder Press

*M: 2x35lb KBs; 2x20lb Dumbbells*

*F: 2x26lb KBs; 2x10lb Dumbbells*

21-15-9

Seated KB Deadlift

20ft DB Crawl

*M: 2x44lb KBs; 2x20lb Dumbbells*

*F: 2x35lb KB; no weight for crawl*

## SPECIFIC DIVISION NOTES

- Reps will be counted 1 rep every 5ft for a total 4 reps per round.

## STANDING – UPPER Rx

21-15-9

Deadlift

1-Arm Dumbbell Push Press

*M: 225lbs; SAA: 185lbs; 50lb Dumbbell*

*F: 155lbs; SAA: 135lbs; 35lb Dumbbell*

21-15-9

Deadlift

50ft 1-Arm Overhead Dumbbell Carry

*M: 275lbs; SAA: 235lbs; 50lb Dumbbell*

*F: 185lbs; SAA: 155lbs; 35lb Dumbbell*

## STANDING – UPPER Scaled

21-15-9

Deadlift

1-Arm Dumbbell Push Press

*M: 135lbs; SAA: 105lbs; 35lb Dumbbell*

*F: 95lbs; SAA: 75lbs; 20lb Dumbbell*

21-15-9

Deadlift

50ft 1-Arm Overhead Dumbbell Carry

*M: 185lbs; SAA: 155lbs; 35lb Dumbbell*

*F: 135lbs; SAA: 115lbs; 20lb Dumbbell*

## SPECIFIC DIVISION NOTES

- Single Arm Athletes (SAA) may only use one arm (same arm) only the entire workout. No strap may be used on impaired limb.  
- Non-SAA may use a strap to replace a limb.

## STANDING – LOWER Rx

21-15-9

Deadlift

Handstand Push-Ups

*M: 225lbs; SLA: 185lbs*

*F: 155lbs; SLA: 135lbs*

21-15-9

Deadlift

50ft Handstand Walk

*M: 275lbs; SLA: 235lbs*

*F: 185lbs; SLA: 155lbs*

## STANDING – LOWER Scaled

21-15-9

Deadlift

Hand Release Push-Ups

*M: 135lbs; SLA: 105lbs*

*F: 95lbs; SLA: 75lbs*

21-15-9

Deadlift

50ft Bear Crawl

*M: 185lbs; SLA: 155lbs*

*F: 135lbs; SLA: 115lbs*

## SPECIFIC DIVISION NOTES

- Athlete may lift from a 4" riser for Deadlifts  
- Single Leg Athletes (SLA) = above knee amputation or fused knee—includes double above knee amputations

## ALL DIVISIONS NOTES

All movement standards listed on [www.competitioncorner.net](http://www.competitioncorner.net)  
This workout begins with the barbell and dumbbell on the floor, and the athlete standing tall with a jump rope in hand. After the call of "3, 2, 1 ... go," the athlete will have 9 minutes to complete the above workouts according to your division. Reps change depending on division and level.

## SCORING

This workout is over when the athlete completes all the required work prior to 9 minutes or the 9-minute time cap expires. The athlete's score is the time it takes to complete the workout or 9 minutes plus the number of remaining repetitions left at the cutoff time. Example: At the end of the 9-minute clock 158 of the 165 reps, your score would be 9 minutes + 7 seconds = 9:07

## TIEBREAK

This workout includes a tiebreaker. If all reps are completed prior to the 9-minute time cap, your score will be your total time, and there will be no tiebreaker. However, if you are not able to complete the entire workout in the allotted time, a tiebreaker will be factored into your final score. During the workout, be sure to note your time at the end of every set of deadlifts. When you submit your score, there will be a space for your final time and an additional field for you to enter the elapsed time at which you completed your last full set of deadlifts. In the case where two athletes have the same score (total time), the athlete with the lower tiebreaker time will be ranked higher.

## EQUIPMENT

- Barbell  
- Dumbbell (Upper division)  
- Standard bumper plates (18-inch diameter) to load to the appropriate weights for your division  
- Collars  
- A wall mark for the handstand push-ups  
- Floor marks for the handstand walk/ OH Plate Carry  
\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlift are 125 kg (275 lb.), 115 kg (255 lb.), 102 kg (225 lb.), 93 kg (205 lb.), 83 kg (185 lb.), 75 kg (165 lb.), 70 kg (155 lb.), 61 kg (135 lb.), 56 kg (125 lb.), 52 kg (115 lb.), 47 kg (105 lb.), 43 kg (95 lb.), 36 kg (80 lb.), 34 kg (75 lb.) 29 kg (65 lb.), and 25 kg (55 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.  
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. 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).



# 2018 ADAPTIVE OPEN WEEK 3

17:00 EST, FRIDAY, MAR 16 THROUGH 23:59 EST TUESDAY, MAR 20

## SEATED Rx

21-15-9  
Seated KB Deadlift  
DB Shoulder Press  
M: 2x53lb KBs; 2x35lb DB  
F: 2x35lb KBs; 2x20lb DB  
Seated KB Deadlift  
20ft DB Crawl  
M: 2x70lb KBs; 2x50lb DB  
F: 2x44lb KBs; 2x20lb DB

WEIGHT 1	21 DEADLIFTS	21
	15 DEADLIFTS	57
	9 DEADLIFTS	81

21 SHOULDER PRESSES	42
15 SHOULDER PRESSES	72
9 SHOULDER PRESSES	90

## SEATED Scaled

Seated KB Deadlift  
DB Shoulder Press  
M: 2x35lb KBs; 2x20lb DB  
F: 2x26lb KBs; 2x10lb DB  
Seated KB Deadlift  
20ft DB Crawl  
M: 2x44lb KBs; 2x20lb DB  
F: 2x35lb KB; no DB for crawl

WEIGHT 2	21 DEADLIFTS	111
	15 DEADLIFTS	130
	9 DEADLIFTS	143

20ft CRAWL	5'	10'	15'	20'	115
20ft CRAWL	5'	10'	15'	20'	134
20ft CRAWL	5'	10'	15'	20'	147

## STANDING-UPPER Rx

Deadlift  
1-Arm Dumbbell Push Press  
M: 225lbs; SAA: 185lbs; 50lb DB  
F: 155lbs; SAA: 135lbs; 35lb DB  
Deadlift  
50ft 1-Arm Overhead DB Carry  
M: 275lbs; SAA: 235lbs; 50lb DB  
F: 185lbs; SAA: 155lbs; 35lb DB

WEIGHT 1	21 DEADLIFTS	21
	15 DEADLIFTS	57
	9 DEADLIFTS	81

21 PUSH PRESS	42
15 PUSH PRESS	72
9 PUSH PRESS	90

## STANDING-UPPER Sc

Deadlift  
1-Arm Dumbbell Push Press  
M: 135lbs; SAA: 105lbs; 35lb DB  
F: 95lbs; SAA: 75lbs; 20lb DB  
Deadlift  
50ft 1-Arm Overhead DB Carry  
M: 185lbs; SAA: 155lbs; 35lb DB  
F: 135lbs; SAA: 115lbs; 20lb DB

WEIGHT 2	21 DEADLIFTS	111
	15 DEADLIFTS	136
	9 DEADLIFTS	155

50ft OH Carry	5'	10'	15'	20'	25'	121
50ft OH Carry	5'	10'	15'	20'	25'	146
50ft OH Carry	5'	10'	15'	20'	25'	165

## STANDING-LOWER Rx

Deadlift  
Handstand Push-Ups  
M: 225lbs; SLA: 185lbs  
F: 155lbs; SLA: 135lbs  
Deadlift  
50ft Handstand Walk  
M: 275lbs; SLA: 235lbs  
F: 185lbs; SLA: 155lbs

WEIGHT 1	21 DEADLIFTS	21
	15 DEADLIFTS	57
	9 DEADLIFTS	81

21 HSPU	42
15 HSPU	72
9 HSPU	90

## STANDING-LOWER Sc

Deadlift  
Hand Release Push-Ups  
M: 135lbs; SLA: 105lbs  
F: 95lbs; SLA: 75lbs  
Deadlift  
50ft Bear Crawl  
M: 185lbs; SLA: 155lbs  
F: 135lbs; SLA: 115lbs

WEIGHT 2	21 DEADLIFTS	111
	15 DEADLIFTS	136
	9 DEADLIFTS	155

50ft HS WALK	5'	10'	15'	20'	25'	121
50ft HS WALK	5'	10'	15'	20'	25'	146
50ft HS WALK	5'	10'	15'	20'	25'	165