



2020 WHEELWOD OPEN WEEK 1

17:00 EST FRIDAY OCT 11 THROUGH 20:00 EST TUESDAY OCT 15

STANDING UPPER DIVISION

TWO POINTS OF CONTACT Rx

8 Ground-to-Overheads
10 Bar-Facing Burpees
♂ 85lb. barbell
♀ 55lb. barbell

ONE POINT OF CONTACT Rx

8 Ground-to-Overheads
10 Bar-Facing Burpees
♂ 65lb. barbell
♀ 40lb. barbell

SHORT STATURE Rx

8 Ground-to-Overheads
10 Bar-Facing Burpees
♂ 65lb. barbell
♀ 40lb. barbell
**may step over & touch bar on burpees*

TWO POINTS OF CONTACT Scaled

6 Ground-to-Overheads
8 Bar-Facing Burpees
♂ 55lb. barbell
♀ 35lb. barbell
**may step over bar on burpees*

ONE POINT OF CONTACT Scaled

6 Ground-to-Overheads
8 Bar-Facing Burpees
♂ 40lb. barbell
♀ 25lb. barbell
**may step over & touch bar on burpees*

SHORT STATURE Scaled

6 Ground-to-Overheads
8 Bar-Facing Burpees
♂ 40lb. barbell
♀ 25lb. barbell
**may step over & touch bar on burpees*

STANDING LOWER DIVISION

TWO POINTS OF CONTACT Rx

8 Ground-to-Overheads
10 Bar-Facing Burpees
♂ 85lb. barbell
♀ 55lb. barbell
**may step over bar on burpees*

ONE POINT OF CONTACT Rx

8 Ground-to-Overheads
10 Bar-Facing Burpees
♂ 70lb. barbell
♀ 45lb. barbell
**may step over bar on burpees*

TWO POINTS OF CONTACT Scaled

6 Ground-to-Overheads
8 Bar-Facing Burpees
♂ 55lb. barbell
♀ 35lb. barbell
**may step over bar on burpees*

ONE POINT OF CONTACT Scaled

6 Ground-to-Overheads
8 Bar-Facing Burpees
♂ 45lb. barbell
♀ 30lb. barbell
**may step over bar on burpees*

ALL DIVISIONS NOTES

- All movement standards, weights, and equipment standards are listed on: www.competitioncorner.net



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STANDING NEURO DIVISION

MINOR NEURO Rx

6 Ground-to-Overheads
8 Burpees
♂ 70lb. barbell
♀ 45lb. barbell

MAJOR NEURO Rx

6 Ground-to-Overheads
8 Knee Burpees
♂ 60lb. barbell
♀ 35lb. barbell

MINOR NEURO Scaled

6 Ground-to-Overheads
8 Burpees
♂ 45lb. barbell
♀ 35lb. barbell

MAJOR NEURO Scaled

6 Ground-to-Overheads
8 Knee Burpees
♂ 20lb. dumbbell
♀ 10lb. dumbbell

**may use any hand and switch as desired*

STANDING SENSORY DIVISION

VISUAL Rx

8 Ground-to-Overheads
10 Burpees
♂ 85lb. barbell
♀ 55lb. barbell

DEAF/HOH Rx

8 Ground-to-Overheads
10 Burpees
♂ 85lb. barbell
♀ 55lb. barbell

VISUAL Scaled

6 Ground-to-Overheads
8 Bar-Facing Burpees
♂ 55lb. barbell
♀ 35lb. barbell

DEAF/HOH Scaled

6 Ground-to-Overheads
8 Bar-Facing Burpees
♂ 55lb. barbell
♀ 35lb. barbell



2020 WHEELWOD OPEN WEEK 1

17:00 EST FRIDAY OCT 11 THROUGH 20:00 EST TUESDAY OCT 15

SEATED CLASS 2 DIVISION

SEATED CLASS 2 Rx

8 Lap-to-Overheads

10 Knee Burpees

♂ 75lb. barbell

♀ 45lb. barbell

SEATED CLASS 2 Scaled

6 Lap-to-Overheads

8 Knee Burpees

♂ 45lb. barbell

♀ 35lb. barbell

SEATED CLASS 1 DIVISION

SEATED CLASS 1 – LOW Rx

10 Lap-to-Overheads

5 U-Turns (20")

♂ 65lb. barbell

♀ 45lb. barbell

SEATED CLASS 1 – HIGH Rx

10 Lap-to-Overheads

5 U-Turns (20")

♂ 55lb. barbell

♀ 40lb. barbell

SEATED CLASS 1 – MULTI-LIMB Rx

10 Lap-to-Overheads

5 U-Turns (20")

♂ 45lb. barbell

♀ 35lb. barbell

SEATED CLASS 1 – LOW Scaled

10 Lap-to-Overheads

5 U-Turns (20")

♂ 45lb. barbell

♀ 35lb. barbell

SEATED CLASS 1 – HIGH Scaled

10 Lap-to-Overheads

5 U-Turns (20")

♂ 40lb. barbell

♀ 25lb. barbell

SEATED CLASS 1 – MULTI-LIMB Scaled

10 Lap-to-Overheads

5 U-Turns (20")

♂ 35lb. barbell

♀ 15lb. barbell



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TWO POINTS OF CONTACT Rx

8 Ground-to-Overheads
 10 Bar-Facing Burpees
 ♂ 85lb. barbell
 ♀ 55lb. barbell

ONE POINT OF CONTACT Rx

8 Ground-to-Overheads
 10 Bar-Facing Burpees
 ♂ 65lb. barbell
 ♀ 40lb. barbell

SHORT STATURE Rx

8 Ground-to-Overheads
 10 Bar-Facing Burpees
 ♂ 65lb. barbell
 ♀ 40lb. barbell
 *may step over & touch bar on burpees

TWO POINTS OF CONTACT Rx

8 Ground-to-Overheads
 10 Bar-Facing Burpees
 ♂ 85lb. barbell
 ♀ 55lb. barbell
 *may step over bar on burpees

ONE POINT OF CONTACT Rx

8 Ground-to-Overheads
 10 Bar-Facing Burpees
 ♂ 70lb. barbell
 ♀ 45lb. barbell
 *may step over bar on burpees

VISUAL Rx

8 Ground-to-Overheads
 10 Burpees
 ♂ 85lb. barbell
 ♀ 55lb. barbell

DEAF/HOH Rx

8 Ground-to-Overheads
 10 Burpees
 ♂ 85lb. barbell
 ♀ 55lb. barbell

SEATED CLASS 2 Rx

8 Lap-to-Overheads
 10 Knee Burpees
 ♂ 75lb. barbell
 ♀ 45lb. barbell

ROUND	8 *GROUND-TO-OVERHEADS	10 *BAR-FACING BURPEES
1	8	18
2	26	36
3	44	54
4	62	72
5	80	90
6	98	108
7	116	126
8	134	144
9	152	162
10	170	180

Time: _____ OR 15:00 plus remaining reps _____



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TWO POINTS OF CONTACT Scaled

6 Ground-to-Overheads
 8 Bar-Facing Burpees
 ♂ 55lb. barbell
 ♀ 35lb. barbell
**may step over bar on burpees*

ONE POINT OF CONTACT Scaled

6 Ground-to-Overheads
 8 Bar-Facing Burpees
 ♂ 40lb. barbell
 ♀ 25lb. barbell
**may step over & touch bar on burpees*

LOWER TWO POINTS OF CONTACT Scaled

6 Ground-to-Overheads
 8 Bar-Facing Burpees
 ♂ 55lb. barbell
 ♀ 35lb. barbell
**may step over bar on burpees*

LOWER ONE POINT OF CONTACT Scaled

6 Ground-to-Overheads
 8 Bar-Facing Burpees
 ♂ 45lb. barbell
 ♀ 30lb. barbell
**may step over bar on burpees*

MINOR NEURO Scaled

6 Ground-to-Overheads
 8 Burpees
 ♂ 45lb. barbell
 ♀ 35lb. barbell

MAJOR NEURO Scaled

6 Ground-to-Overheads
 8 Knee Burpees
 ♂ 20lb. dumbbell
 ♀ 10lb. dumbbell
**may use any hand and switch as desired*

VISUAL Scaled

6 Ground-to-Overheads
 8 Bar-Facing Burpees
 ♂ 55lb. barbell
 ♀ 35lb. barbell

DEAF/HOH Scaled

6 Ground-to-Overheads
 8 Bar-Facing Burpees
 ♂ 55lb. barbell
 ♀ 35lb. barbell

SEATED CLASS 2 Scaled

6 Lap-to-Overheads
 8 Knee Burpees
 ♂ 45lb. barbell
 ♀ 35lb. barbell

ROUND	6 GROUND-TO-OVERHEADS LAP-TO-OVERHEADS	8 BURPEES
1	6	14
2	20	28
3	34	42
4	48	56
5	62	70
6	76	84
7	90	98
8	104	112
9	118	126
10	132	140

Time: _____ OR 15:00 plus remaining reps _____



2020 WHEELWOD OPEN WEEK 1

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SEATED CLASS 1 – LOW Rx

10 Lap-to-Overheads
 5 U-Turns (20")
 ♂ 65lb. barbell
 ♀ 45lb. barbell

SEATED CLASS 1 – LOW Scaled

10 Lap-to-Overheads
 5 U-Turns (20")
 ♂ 45lb. barbell
 ♀ 35lb. barbell

SEATED CLASS 1 – HIGH Rx

10 Lap-to-Overheads
 5 U-Turns (20")
 ♂ 55lb. barbell
 ♀ 40lb. barbell

SEATED CLASS 1 – HIGH Scaled

10 Lap-to-Overheads
 5 U-Turns (20")
 ♂ 40lb. barbell
 ♀ 25lb. barbell

SEATED CLASS 1 – MULTI-LIMB Rx

10 Lap-to-Overheads
 5 U-Turns (20")
 ♂ 45lb. barbell
 ♀ 35lb. barbell

SEATED CLASS 1 – MULTI-LIMB Scaled

10 Lap-to-Overheads
 5 U-Turns (20")
 ♂ 35lb. barbell
 ♀ 15lb. barbell

ROUND	10 LAP-TO-OVERHEADS	5 U-TURNS
1	10	15
2	25	30
3	40	45
4	55	60
5	70	75
6	85	90
7	100	105
8	115	120
9	130	135
10	145	150

Time: _____ OR 15:00 plus remaining reps _____