



2018 ADAPTIVE OPEN WEEK 3

17:00 EST, FRIDAY, MAR 9 THROUGH 23:59 EST TUESDAY, MAR 13

SEATED Rx

100 Battle Ropes
20 Barbell Snatch
100 Battle Ropes
12 Pull-Ups
100 Battle Ropes
20 DB Snatch
100 Battle Ropes
12 Chest-to-Bar Pull-Ups
M: 75lb Barbell; 35lb Dumbbell
F: 45lb Barbell; 20lb Dumbbell

SEATED Scaled

50 Battle Ropes
20 Barbell Snatch
50 Battle Ropes
12 Seated Pull-Ups
50 Battle Ropes
20 DB Snatch
50 Battle Ropes
12 Seated Pull-Ups
M: 45lb Barbell; 20lb Dumbbell
F: 15lb Barbell; 10lb Dumbbell

SPECIFIC DIVISION NOTES

STANDING - UPPER Rx

100 Double-Unders
20 DB Overhead Squats
100 Double-Unders
12 Pull-Ups
100 Double-Unders
15 DB Snatch
100 Double-Unders
12 C2B Pull-Ups
M: 50lb Dumbbell
F: 35lb Dumbbell

STANDING - UPPER Scaled

100 Single-Unders
20 DB Overhead Squats
100 Single-Unders
12 Jumping Pull-Ups
100 Single-Unders
15 DB Snatch
100 Single-Unders
12 Ring Rows
M: 35lb Dumbbell
F: 20lb Dumbbell

SPECIFIC DIVISION NOTES

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

STANDING - LOWER Rx

50 Double-Unders
20 Overhead Squats
50 Double-Unders
12 Ring Muscle-Ups / Pull-Ups
50 Double-Unders
20 DB Hang Snatch
50 Double-Unders
12 Bar Muscle-Ups / Chest-to-Bar Pull-Up
M: 95lb Barbell; 50lb Dumbbell
F: 65lb Barbell; 35lb Dumbbell
SLA: 75lb/55lb Barbell

STANDING - LOWER Scaled

50 Single-Unders
20 Overhead Squats
50 Single-Unders
12 Jumping Pull-Ups
50 Single-Unders
20 DB Hang Snatch
50 Single-Unders
12 Ring Rows
M: 45lb Barbell; 35lb Dumbbell
F: 35lb Barbell; 20lb Dumbbell
SLA: 35lb/15lb Barbell

SPECIFIC DIVISION NOTES

- Athlete may squat to a box set to bottom of parallel squat position.
- 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
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 14 minutes to complete 2 rounds of 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 14 minutes or the 14-minute time cap expires. The athlete's score is the time it takes to complete the workout or 14 minutes plus the number of remaining repetitions left at the cutoff time. Example: At the end of the clock 100 reps remain. Score is 15:40

TIEBREAK

This workout includes a tiebreaker. If all reps are completed prior to the 14-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 double-unders/single unders. 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

EQUIPMENT

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the barbell are 15 kg (35 lb.), 20 kg (45 lb.), 25 kg (55 lb.), 34 kg (75 lb.), 36 kg (80 lb.) and 52 kg (115 lb.). For the dumbbell, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.).

† 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 his or her video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed.

For each workout, be sure the athlete has adequate space to safely



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100 ROPES	100	
20 BB SNATCH	120	TIME
100 ROPES	220	
12 PULL-UPS	232	TIME
100 ROPES	332	
20 DB SNATCH	352	TIME
100 ROPES	452	
12 C2B PU	464	TIME
100 ROPES	564	
20 BB SNATCH	584	TIME
100 ROPES	684	
12 PULL-UPS	696	TIME
100 ROPES	796	
20 DB SNATCH	816	TIME
100 ROPES	916	
12 C2B PU	928	TIME

SEATED Rx

100 Battle Ropes
 20 Barbell Snatch
 100 Battle Ropes
 12 Pull-Ups
 100 Battle Ropes
 20 DB Snatch
 100 Battle Ropes
 12 Chest-to-Bar PU
M: 75lb Barbell; 35lb DB
F: 55lb Barbell; 20lb DB

TIME

OR REPS AT 14:00

TIEBREAK TIME

50 ROPES	50	
20 BB SNATCH	70	TIME
50 ROPES	120	
12 PULL-UPS	132	TIME
50 ROPES	182	
20 DB SNATCH	202	TIME
50 ROPES	252	
12 PULL-UPS	264	TIME
50 ROPES	314	
20 BB SNATCH	334	TIME
50 ROPES	384	
12 PULL-UPS	396	TIME
50 ROPES	446	
20 DB SNATCH	466	TIME
50 ROPES	516	
12 PULL-UPS	528	TIME

SEATED Scaled

50 Battle Ropes
 20 Barbell Snatch
 50 Battle Ropes
 12 Seated Pull-Ups
 50 Battle Ropes
 20 DB Snatch
 50 Battle Ropes
 12 Seated Pull-Ups
M: 35lb Barbell; 20lb DB
F: 15lb Barbell; 10lb DB

TIME

OR REPS AT 14:00

TIEBREAK TIME



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100 DU	100	
20 DB OHS	120	TIME
100 DU	220	
12 PULL-UPS	232	TIME
100 DU	332	
15 DB SNATCH	347	TIME
100 DU	447	
12 C2B PU	459	TIME
100 DU	559	
20 DB OHS	579	TIME
100 DU	679	
12 PULL-UPS	691	TIME
100 DU	791	
15 DB SNATCH	806	TIME
100 DU	906	
12 C2B PU	918	TIME

STANDING - UPPER Rx

100 Double-Unders
 20 DB Overhead Squats
 100 Double-Unders
 12 Pull-Ups
 100 Double-Unders
 15 DB Snatch
 100 Double-Unders
 12 C2B Pull-Ups
M: 50lb Dumbbell
F: 35lb Dumbbell

TIME _____

OR REPS AT 14:00 _____

TIEBREAK TIME

100 SU	100	
20 DB OHS	120	TIME
100 SU	220	
12 JUMP PU	232	TIME
100 SU	332	
15 DB SNATCH	347	TIME
100 SU	447	
12 RING ROWS	459	TIME
100SU	559	
20 DB OHS	579	TIME
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12 JUMP PU	691	TIME
100 SU	791	
15 DB SNATCH	806	TIME
100 SU	906	
12 RING ROWS	918	TIME

STANDING - UPPER Scaled

50 Single-Unders
 20 DB Overhead Squats
 50 Single-Unders
 12 Jumping Pull-Ups
 50 Single-Unders
 15 DB Snatch
 50 Single-Unders
 12 Ring Rows
M: 35lb Dumbbell
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TIME _____

OR REPS AT 14:00 _____

TIEBREAK TIME _____



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50 DU	100	
20 DB OHS	120	TIME
50 DU	220	
12 RMU	232	TIME
50 DU	332	
20 DB SNATCH	352	TIME
50 DU	452	
12 BMU	464	TIME
50 DU	314	
20 DB OHS	334	TIME
50 DU	384	
12 RMU	396	TIME
50 DU	446	
20 DB SNATCH	466	TIME
50 DU	516	
12 BMU	528	TIME

STANDING - LOWER Rx

50 Double-Unders
 20 Overhead Squats
 50 Double-Unders
 12 Ring Muscle-Ups / Pull-Ups
 50 Double-Unders
 20 DB Hang Snatch
 50 Double-Unders
 12 Bar Muscle-Ups / Chest-to-Bar Pull-Up
M: 95lb BB; 50lb DB
F: 65lb BB; 35lb DB
SLA: 75lb/55lb BB

TIME _____

OR REPS AT 14:00

TIEBREAK TIME

50 SU	50	
20 DB OHS	70	TIME
50 SU	120	
12 JUMP PU	132	TIME
50 SU	182	
20 DB SNATCH	202	TIME
50 SU	252	
12 RING ROWS	264	TIME
50 SU	314	
20 DB OHS	334	TIME
50 SU	384	
12 JUMP PU	396	TIME
50 SU	446	
20 DB SNATCH	466	TIME
50 SU	516	
12 RING ROWS	528	TIME

STANDING - LOWER Scaled

50 Single-Unders
 20 Overhead Squats
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 12 Jumping Pull-Ups
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 20 DB Hang Snatch
 50 Single-Unders
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F: 35lb BB; 20lb DB
SLA: 35lb/15lb BB

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OR REPS AT 14:00 _____

TIEBREAK TIME _____