



OPEN WORKOUT 19.3

PRESENTED BY:
CFF CROSSFIT
FARGO

WORKOUT 19.3a

For Time: 6:00 Time Cap

Rx

20 Cleans

200 DU

20 Cleans 135/95#

Intermediate

20 Cleans 95/65#

200 DU

20 Cleans 95/65#

Scaled

20 Cleans 75/55#

200 SU

20 Cleans 75/55#

LOADING

Rx:

Men: Clean 135#, Front Squat 185#

Women: Clean 95#, Front Squat 125#

Intermediate:

Men: Clean 95#, Front Squat 135#

Women: Clean 65#, Front Squat 95#

Scaled:

Men: Clean, Front Squat, Push Press 75#, single unders

Women: Clean, Front Squat, Push Press 55#, single unders

WORKOUT DESCRIPTION

Event 3 is a 2 part workout with 2 separate scores.

Event 3a begins with the athlete standing at the barbell loaded to the appropriate weight and the clock running up to 15:00. After the call of "3, 2, 1... go," the athlete will perform 20 power cleans, 200 double unders (or 200 single unders for scaled) followed by 20 power cleans. Event 3a score is time when the last power clean is completed or number of reps completed at 6:00. The athlete will have a 4 minute rest period beginning at the 6:00 minute mark. As soon as the clock reaches 6:00 event 3a is complete.

WORKOUT 19.3b

AMRAP 5:00

Rx

7 Strict Handstand Push Ups

7 Front Squats 185/125#

Intermediate

7 5" Strict Handstand Push Ups

7 Front Squats 135/95#

Scaled

7 Push Press 75/55#

7 Front Squats 75/55#

WORKOUT DESCRIPTION (con't)

After the four minute rest period and when the clock reaches the 10:00 minute mark Event 3b will begin with the same running clock. The athlete will have from 10:00 to 15:00 to complete Event 3b. The athlete may have a second barbell loaded to the appropriate weight for Event 3b. At 10:00, athlete will perform 7 strict handstand push ups (5" strict handstand push ups for intermediate or push presses for scaled) followed by 7 front squats and will continue in this manner until the clock reaches 15:00. Event 3b score is the number of reps completed.

EQUIPMENT

- Jump Rope
- Barbells
- Collars
- Measuring tape
- Floor marks for the strict handstand push up box
- Plates to load to the appropriate weight for both barbells

For each workout, be sure the athlete has adequate space to safely complete the event. Clear the area of all extra plates, people or other obstructions.

*The official weight is in pounds. If you lift with kilogram plates you will need to convert your results to pounds when submitting your score. Remember, when lifting with pound plates a 20-kg barbell will count as 45 lb. and a 15-kg barbell will count as 35 lb.

VIDEO SUBMISSION

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

MOVEMENT STANDARDS

Clean



The barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before the athlete begins the next repetition. Any style clean is permitted, including a power clean, but a deadlift followed by a hang clean is not allowed. The rep is credited when the athlete's feet in line, hips and knees are fully extended, and the bar is resting on the shoulders with the elbows in front of the bar.

Double Under



This is the standard double under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

Single Under (Scaled Only)

For scaled divisions, this is the standard single-under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count. Single foot skipping is allowed.

Strict Hand Stand Push Up



Prior to starting, a box that is 36 inches wide and 24 inches deep must be marked on the floor.

Every repetition of the handstand push up begins and ends at the top of a handstand with the arms fully locked out, only the heels in contact with the wall, the hips open and the body in line with the arms. The feet must remain inside the width of the hands throughout the entire repetition.

At the bottom, the athlete's head makes contact with the ground or target. For athletes competing in a division that does not require elevation, if the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the tops of the plates. The feet do not need to remain in contact with the wall for the entire repetition, but athletes must begin and end each repetition with their heels on the wall.

MOVEMENT STANDARDS (con't)

At the finish of each repetition, the athlete must reach full lockout, with the hips open, body in line with the arms and heels touching the wall. Kipping is not allowed. Any repetition that is assisted by the hips or legs will not count. Only the heels may touch the wall during the repetition.

The palms of the hands must stay within the dimensions of the box marked on the ground, but the fingers may extend past the line.

5" Elevated Strict Hand Stand Push Up (Intermediate Only)



For divisions that require an elevated handstand push up, the start and end positions are the same as described for the strict handstand push up.

Push Press (Scaled Only)

Each rep of the push press begins with the barbell at the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. The athlete may dip and drive with the legs while the weight is on the shoulders. However, once the barbell leaves the shoulder, the hips and knees must remain straight until the weight is locked out overhead. No jerks.

At the top, the arms, hips and knees are fully extended, and the bar finishes directly over the middle of the body with the feet in line under the body. Using a rack is not permitted.



Front Squat



Barbells must be taken from the ground, no racks. A repetition will begin with athlete standing tall and the barbell in the front rack position, hip crease below the knee at the bottom, and is counted when the knees and hips are fully extended. A squat clean is permitted for the first repetition.



OPEN WORKOUT 19.3

PRESENTED BY:



WORKOUT 19.3 SCORECARD

Event 19.3a

For Time: 6:00 Time Cap

Rx

20 Cleans (135/95)

200 DU

20 Cleans (135/95)

Event 19.3a

For Time: 6:00 Time Cap

Intermediate

20 Cleans (95/65)

200 DU

20 Cleans (95/65)

Event 19.3a

For Time: 6:00 Time Cap

Scaled

20 Cleans (75/55)

200 Single Unders

20 Cleans (75/55)

20 Cleans	20
200 Double Unders/SU	220
20 Cleans	240

Time _____ or Total Reps Completed _____

Event 19.3b

AMRAP 5:00

Rx

7 Strict Handstand Push Ups

7 Front Squats 185/125#

Event 19.3b

AMRAP 5:00

Intermediate

7 Strict Handstand Push Ups 5"

7 Front Squats 135/95#

Event 19.3b

AMRAP 5:00

Scaled

7 Push Press 75/55#

7 Front Squats 75/55#

Round	7 Strict HSPU/PP	7 Front Squat
1	7	14
2	21	28
3	35	42
4	49	56
5	63	70
6	77	84
7	91	98
8	105	112

Total Reps Completed _____