



OPEN WORKOUT 19.2

PRESENTED BY:
CFF CROSSFIT
FARGO

WORKOUT 19.2

AMRAP 17:00

50cal Row
75 Dumbbell Snatch
50 Wall Ball Shots

LOADING

RX:

Men: 50# DB, 20# wall ball to 10'

Women: 35# DB, 14# wall ball to 9'

Intermediate:

Men: 35# DB, 14# wall ball to 9'

Women: 20# DB, 10# wall ball to 9'

Scaled:

Men: 20# DB, air squats

Women: 10# DB, air squats

WORKOUT DESCRIPTION (con't)

This workout begins seated on the rower, with the monitor set to zero calories. At the call of "3, 2, 1...Go," the athlete will grab the handle and begin rowing. Athletes must remain on the rower until 50 cals are displayed on the monitor before moving onto DB snatches. Once 75 DB snatches are completed, athlete will move onto 50 wall ball shots (air squats for scaled only). When wall ball shots are complete, athlete may move back to the rower to begin their next round. Monitors must be reset to zero prior to starting the next round. Your score will be the total number of repetitions completed before the 17:00 time cap.

EQUIPMENT

- Concept2 rower
- Dumbbell of appropriate weight for your division*
- Medicine ball of appropriate weight for your division*

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. The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.), 6 kg (14 lb.) and 5 kg (10 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 video may be disqualified from the competition.

VIDEO SUBMISSION

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show the weight of the dumbbell and medicine ball and measure the height of the target. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Use of App timer is allowed. The monitor of the rower should also be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

MOVEMENT STANDARDS

Row



A Concept2 rower must be used for this workout. The monitor on the rower must be set to zero at the beginning of each row. The athlete may have assistance resetting the monitor. The athlete must stay seated on the rower until the monitor reads 50 calories.

Dumbbell Snatch



The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. If the athlete breaks a set, they can start with whichever hand they like, so long as the previous repetition was a successful one.

The non-lifting hand and arm may not be in contact with the body during the repetition. At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

MOVEMENT STANDARDS (con't)

Wall Ball Shot



In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The rep is credited when the center of the ball hits the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

Air Squat (Scaled Only)

The air squat begins with the athlete standing tall. At the bottom of a squat, hip crease must pass below the knee and finishes once full extension is reached.



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WORKOUT 19.2 SCORECARD

AMRAP 17:00	AMRAP 17:00	AMRAP 17:00
Rx	Intermediate	Scaled
50cal Row	50cal Row	50cal Row
75 Dumbbell Snatch 50/35#, alt	75 Dumbbell Snatch 35/20#, alt	75 Dumbbell Snatch 20/10#, alt
50 Wall Ball Shots 20/14# to 10/9'	50 Wall Ball Shots 14/10# to 9'	50 Air Squats

Round	50 Cal Row	75 DB Snatch	50 WB Shots / Air Squats
1	50	125	175
2	225	300	350
3	400	475	525
4	575	650	700
5	750	825	875
6	925	1,000	1,050
7	1,100	1,175	1,225

Total Reps _____