



Workouts

Here are the three workouts for the 2018 Crosstown Throwdown Team Series! You may perform the workouts in any order. Workouts must be performed together in male-female teams. Be sure to read the entire workout description for information on standards of movement and scaling for the Open Scaled and Masters divisions. All workout results must be submitted before 5:00 PM Mountain Time on Monday, May 21, 2018—sorry, no exceptions!

You must have a judge count your reps and verify that all standards of movement are met. It is recommended that you record and retain a video of all three workouts. Event coordinators may request videos to verify your performance in the workouts before awarding prizes; if you are unable to provide an adequate video upon request, you may be denied a prize. Be sure to include both athletes in the video. *Note: There are no prizes in the Open Scaled division.*

Workout #1: “Double Trouble”

For time:

200 Double Unders (100 each)

50 Wall Balls (25 each), 20/14, 10 ft/9 ft target

50 Calorie Row (25 each)

50 Burpees over Erg (25 each)

50 Calorie Row (25 each)

50 Box Jump-Overs (25 each), 24/20

200 Double Unders (100 each)

How It Works: One partner works while the other rests. Teams may break up reps however they want as long as the male partner completes half of the designated reps of each exercise and the female also completes half.

Scaled Open Division: Partners in the Scaled Open Division may perform 200 singles (100 each), step onto the box on the jump-overs, and step over the rower rail on the burpees.

Masters 51+ Division: Partners in the Masters 51+ division may perform 100 double unders (50 each), step onto the box on the jump-overs, and step over the rower rail on the burpees. (Remember: If a team has one person 51+ but the other teammate is not 51+, they must complete in the “younger” division and adhere to all workout requirements for that division.)

Equipment needed: Jump ropes, 14 lb. med ball, 20 lb. med ball, Concept2 indoor rowing machine, 20-inch and 24-inch box(es).



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Standards of Movement: Reference the CrossFit Open for standards for the double under, wall ball, rowing, and box jump-over. Here are some reminders and additional information:

Double Unders: Pairs may hold their jump ropes in hand as the clock starts.

Rowing: Maintain a running total calories on the rower monitor. Since only PM5 monitors can be programmed to count down calories, you must use the “Just Row” function to track calories rowed. The last partner who rows must stay on the rower seat until the monitor reads at least 50 calories. Both partners must accumulate 25 calories each. If Partner A is shooting for 25 calories, but the monitor turns over to 26 calories before Partner B begins rowing, Partner B will need to row until the monitor reads 51 calories. The rower handle must be placed into the handle hook each time partners switch.

Burpees: Burpees over the erg are basically the same as burpees over a barbell except instead of jumping over a barbell, you jump over the rower rail. You do not have to face the rail. Partners may not sit on the rower seat while burpees are being performed. A two-foot take-off on the jump over the rail is required for all divisions except competitors in the Open Scaled and Masters 51+ divisions who may opt to step over the rail. Remember to count each burpee as complete after the jump. When switching partners, the last burpee must be fully completed with feet on the ground before the other partner begins.

Box Jump-Overs: For the box jump-overs, a two-foot take-off is required for all divisions except the Scaled Open and Masters 51+ divisions in which step-ups are allowed. Everyone is allowed to step off the box. You do not have to reach full extension on top of the box. When switching partners, the last jump-over must be fully completed with feet on the ground before the other partner begins.

Scoring: Your score is the time it takes your team to complete all the work. There is a 30-minute time-cap on this workout; if your team does not complete all reps within the time-cap, your score is the time-cap plus one second per rep not completed within the time-cap.



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Workout #2: Synchronized “Double Whammy”

AMRAP in 10 minutes of the following ascending ladder:

3 Dumbbell Thrusters (50/35)

3 Chest-to-Bar Pull-ups

6 Dumbbell Thrusters (50/35)

6 Chest-to-Bar Pull-ups

9 Dumbbell Thrusters (50/35)

9 Chest-to-Bar Pull-ups

And so forth, increasing by 3 reps each movement each round.

How It Works: Both partners work at the same time. Partners must work **synchronized**. In the dumbbell thruster, they must (1) achieve a below-parallel squat *at the same time*, and (2) achieve full extension at the top *at the same time*. In the chest-to-bar pull-up, they must (1) achieve full extension of the arms *at the same time*, and (2) touch the pull-up bar with their chest *at the same time*. If partners are not synchronized at both the top and bottom of the movement, it is a “no rep.” Partner A may wait at the top or bottom of the movement for Partner B to catch up and achieve the same position.

Open Scaled Division: Partners in the Open Scaled division may use 35/25 lb. dumbbells and may perform jumping pull-ups. Synchronization requirements are the same except on the jumping pull-ups, partners’ chins must be above the bar at the same time at the top of the pull-up for the rep to count.

Masters 51+ Division: Partners in the Masters 51+ division may use 35/25 lb. dumbbells and perform chin-over-the-bar pull-ups. Synchronization requirements are the same except on the pull-ups, partners’ chins must be above the bar at the same time at the top of the pull-up for the rep to count. (Remember: If a team has one person 51+ but the other teammate is not 51+, they must complete in the “younger” division and adhere to all workout requirements for that division.)

Equipment needed: Four dumbbells, two each of the designated weight for male and female; pull-up bar with room for partners to perform pull-ups side-by-side.

Standards of Movement: Reference the CrossFit Open for standards for the dumbbell thruster, chest-to-bar pull-up, chin-over-the-bar pull-up, and jumping pull-up. Any rep that is not completed synchronized is a “no rep.”

Scoring: Your score is the total synchronized reps your team completes in 10 minutes. Reps are counted only once. For example, if your team finishes the round of 9, your score is 3 + 3 + 6 + 6 + 9 + 9 = 36 reps, **NOT** double that number!



Workouts

Workout #3: “Double Upside-Down DT”

For time:

- 10 rounds of
- 6 Shoulder-to-Overhead (155/105)
- 9 Hang Power Cleans (155/105)
- 12 Deadlifts (155/105)

How It Works: Partners alternate complete rounds. Male partner performs odd rounds 1, 3, 5, 7, 9. Female partner performs even rounds 2, 4, 6, 8, 10. One partner works while the other rests.

Open Scaled Division: Partners in the Open Scaled division may use 95/65 weights.

Masters 40-50 and Masters 51+ Divisions: Partners in the Masters 40-50 division may use 135/95 weights. Partners in the Masters 51+ division may use 115/75 weights. (Remember: If a team consists of individuals in different age groups, they must complete in the “younger” division and adhere to all workout requirements for that division.)

Equipment Needed: One 15 kg barbell loaded to designated weight for female partner; one 20 kg barbell loaded to designated weight for male partner.

Standards of Movement: Reference the CrossFit Open for standards for the shoulder-to-overhead, hang power clean, and deadlift. Only one of the barbells may be off the ground at any one time; the partner “next up” may not pick up their barbell until working partner’s barbell contacts the ground after their last deadlift.

Scoring: Your score is the time it takes your team to complete all 10 rounds. There is a 30-minute time-cap on this workout; if your team does not complete all reps within the time-cap, your score is the time-cap plus one second per rep not completed within the time-cap.



Scorecard

Team Name: _____

Workout #1: Double Trouble (For Time)				
Movement	Partner	Reps	Tally Here as Needed	Rep Count
Double Unders*	A	100/50*		100/50
Double Unders*	B	100/50*		200/100
Wall Balls	A	25		225/125
Wall Balls	B	25		250/150
Row for Calories	A	25		275/175
Row for Calories	B	25		300/200
Burpees over Erg	A	25		325/225
Burpees over Erg	B	25		350/250
Row for Calories	A	25		375/275
Row for Calories	B	25		400/300
Box Jump-Overs	A	25		425/325
Box Jump-Overs	B	25		450/350
Double Unders*	A	100/50*		550/400
Double Unders*	B	100/50*		650/450

** Partners in the Open Scaled division may perform singles instead of double unders. Partners in the Masters 51+ division perform 50 double unders each instead of 100.*

Judge Name: _____

Total Time: _____

(Note: If team does not complete all reps within the 30-minute time-cap, their score is the time-cap plus 1 second for each rep not completed.)

Keep this scorecard in case of inquiry!



Scorecard

Team Name: _____

Workout #2: Synchronized Double Whammy (10-minute AMRAP)			
Movement	Reps	*** All Valid Reps are Synchronized ***	Rep Count
Dumbbell Thruster	3		3
Pull-Up*	3		6
Dumbbell Thruster	6		12
Pull-Up*	6		18
Dumbbell Thruster	9		27
Pull-Up*	9		36
Dumbbell Thruster	12		48
Pull-Up*	12		60
Dumbbell Thruster	15		75
Pull-Up*	15		90
Dumbbell Thruster	18		108
Pull-Up*	18		126
Dumbbell Thruster	21		147
Pull-Up*	21		168
Dumbbell Thruster	24		192
Pull-Up*	24		216
Dumbbell Thruster	27		243
Pull-Up*	27		270
Dumbbell Thruster	30		300
Pull-Up*	30		330

** All divisions perform chest-to-bar pull-ups except partners in the Open Scaled division may perform jumping pull-ups and partners in the Masters 51+ division may perform chin-over-the-bar pull-ups.*

Judge Name: _____

Total Reps: _____

Keep this scorecard in case of inquiry!



Scorecard

Team Name: _____

Workout #3: Double Upside-Down DT (For Time)					
Round	Partner	Movement	Reps	Tally Here as Needed	Rep Count
1	M	Shoulder-to-Overhead	6		6
		Hang Power Clean	9		15
		Deadlift	12		27
2	W	Shoulder-to-Overhead	6		33
		Hang Power Clean	9		42
		Deadlift	12		54
3	M	Shoulder-to-Overhead	6		60
		Hang Power Clean	9		69
		Deadlift	12		81
4	W	Shoulder-to-Overhead	6		87
		Hang Power Clean	9		96
		Deadlift	12		108
5	M	Shoulder-to-Overhead	6		114
		Hang Power Clean	9		123
		Deadlift	12		135
6	W	Shoulder-to-Overhead	6		141
		Hang Power Clean	9		150
		Deadlift	12		162
7	M	Shoulder-to-Overhead	6		168
		Hang Power Clean	9		177
		Deadlift	12		189
8	W	Shoulder-to-Overhead	6		195
		Hang Power Clean	9		204
		Deadlift	12		216
9	M	Shoulder-to-Overhead	6		222
		Hang Power Clean	9		231
		Deadlift	12		243
10	W	Shoulder-to-Overhead	6		249
		Hang Power Clean	9		258
		Deadlift	12		270

Judge Name: _____

Total Time: _____

(Note: If team does not complete all reps within the 30-minute time-cap, their score is the time-cap plus 1 second for each rep not completed.) **Keep this scorecard in case of inquiry!**