

7 Minute AMRAP of

3 Dumbbell Clusters
3 Pull-Ups (see specifications for each division below)

6 Dumbbell Clusters
6 Pull-Ups

9 Dumbbell Clusters
9 Pull-Ups

Continue in this manner, increasing 3 reps each round until time cap is reached.

Dumbbell Weights:

Open Rx, 35-39, 40s (men/women): 50/35 lb dumbbells
50s, 60+, Teens, Open Scaled: 35/25 lb dumbbells

Pull-ups:

Open Rx, 35-39, 40s: Chest-to-Bar Pull-Ups
50s, Teens: Chin-over-Bar Pull-Ups
60+, Open Scaled: Jumping Chest-to-Bar Pull-Ups

Equipment needed: Two dumbbells of required weight, pull-up bar.

Standards of Movement: Reference the most recent CrossFit® Open movement standards for the chest-to-bar, chin-over-bar, and jumping chest-to-bar pull-ups. The dumbbell clusters are a squat clean from the floor into a thruster. One head of both dumbbells must touch the ground at the start of every rep. Full depth must be reached in the squat with the hip crease below the level of the knee. Arms must reach full extension overhead on the thruster with the dumbbells in line with the body. *Any out-of-the-ordinary movement or equipment that shortens or changes the accepted range of motion is not allowed.*

Judge/Scoring: You must have a judge count your reps and verify that all standards of movement are met. Your score is the number of reps you successfully complete in 7 minutes.

Athlete Name: _____

PLEASE KEEP THIS SCORECARD IN CASE OF INQUIRY

DB Clusters	3	3	DB Clusters	18	108
Pull-Ups	3	6	Pull-Ups	18	126
DB Clusters	6	12	DB Clusters	21	147
Pull-Ups	6	18	Pull-Ups	21	168
DB Clusters	9	27	DB Clusters	24	192
Pull-Ups	9	36	Pull-Ups	24	216
DB Clusters	12	48	DB Clusters	27	243
Pull-Ups	12	60	Pull-Ups	27	270
DB Clusters	15	75	DB Clusters	30	300
Pull-Ups	15	90	Pull-Ups	30	330

Score is total number of reps completed in the 7-minute time cap: _____

I hereby certify that athlete performed the workout as written and achieved all standards of movement.

Judge's Signature: _____