



## WEEK 2 – OPEN WORKOUT 5

4.17.19 5PM CDT – 4.22.19 7PM CDT

– RX –

ATHLETE NAME \_\_\_\_\_

### MEN

#### WORKOUT 5

**3 Rounds For Time (15 Min. Time Cap)**

50 Ft Handstand Walk

18 Chest To Bar

50 Ft Double DB Front Rack Lunge Walk **50lbs.**

### WOMEN

#### WORKOUT 5

**3 Rounds For Time (15 Min. Time Cap)**

50 Ft Handstand Walk

18 Chest To Bar

50 Ft Double DB Front Rack Lunge Walk **35lbs.**

#### Round 1

Handstand Walk	5'___	10'___	
	15'___	20'___	
	25'___	30'___	
	35'___	40'___	
	45'___	50'___	
			10
18 Chest To Bar			28
Double DB Front Rack Lunge Walk	5'___	10'___	
	15'___	20'___	
	25'___	30'___	
	35'___	40'___	
	45'___	50'___	
			38

#### Round 2

Handstand Walk	5'___	10'___	
	15'___	20'___	
	25'___	30'___	
	35'___	40'___	
	45'___	50'___	
			48
18 Chest To Bar			66
Double DB Front Rack Lunge Walk	5'___	10'___	
	15'___	20'___	
	25'___	30'___	
	35'___	40'___	
	45'___	50'___	
			76

#### Round 3

Handstand Walk	5'___	10'___	
	15'___	20'___	
	25'___	30'___	
	35'___	40'___	
	45'___	50'___	
			86
18 Chest To Bar			104
Double DB Front Rack Lunge Walk	5'___	10'___	
	15'___	20'___	
	25'___	30'___	
	35'___	40'___	
	45'___	50'___	
			114

Final Time \_\_\_\_\_ OR Reps at 15 Min. \_\_\_\_\_

Presented by:

**KILL CLIFF®**



## WEEK 2 – OPEN WORKOUT 5

4.17.19 5PM CDT – 4.22.19 7PM CDT

– SCALED –

ATHLETE NAME \_\_\_\_\_

### MEN

#### WORKOUT 5

3 Rounds For Time (15 Min. Time Cap)

50 Ft Bear Crawl

18 Jumping Pull-ups

50 Ft Double DB Front Rack Lunge Walk **35lbs.**

### WOMEN

#### WORKOUT 5

3 Rounds For Time (15 Min. Time Cap)

50 Ft Bear Crawl

18 Jumping Pull-ups

50 Ft Double DB Front Rack Lunge Walk **20lbs.**

#### Round 1

Bear Crawl	5'___	10'___
	15'___	20'___
	25'___	30'___
	35'___	40'___
	45'___	50'___
		10
18 Jumping Pull-ups		28
Double DB Front Rack Lunge Walk	5'___	10'___
	15'___	20'___
	25'___	30'___
	35'___	40'___
	45'___	50'___
		38

#### Round 2

Bear Crawl	5'___	10'___
	15'___	20'___
	25'___	30'___
	35'___	40'___
	45'___	50'___
		48
18 Jumping Pull-ups		66
Double DB Front Rack Lunge Walk	5'___	10'___
	15'___	20'___
	25'___	30'___
	35'___	40'___
	45'___	50'___
		76

#### Round 3

Bear Crawl	5'___	10'___
	15'___	20'___
	25'___	30'___
	35'___	40'___
	45'___	50'___
		10
18 Jumping Pull-ups		104
Double DB Front Rack Lunge Walk	5'___	10'___
	15'___	20'___
	25'___	30'___
	35'___	40'___
	45'___	50'___
		114

Final Time \_\_\_\_\_ OR Reps at 15 Min. \_\_\_\_\_

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### EQUIPMENT

To complete this workout you will need:

- Pull-up Bar
- 2 Dumbbells

For your convenience, 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.).

### NOTES

Within the 15 minute time cap, you'll complete 3 rounds of a 50-ft handstand walk **OR** bear crawl, 18 chest to bar pull ups **OR** jumping pull-ups, and a 50-ft dumbbell front rack walking lunge. Your handstand walk/bear crawl and lunging lane needs to be 25 feet in length and divided into 5-ft increments. Which means you'll need to go down and back to complete the movement each round.

Your score is your time upon completion of round 3 **OR** your total number of repetitions completed at the time cap.

### VIDEOS SUBMISSION STANDARDS

Prior to starting, film the weights that will be used so that weight can clearly be seen. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch, or a WOD clock will need to be visible through the entire workout. Video should be shot from a side angle so all movements are clear on each rep.

Please be sure you have enough battery life, memory and time to upload your video. You may need to increase your limit on YouTube in order to allow a longer video.

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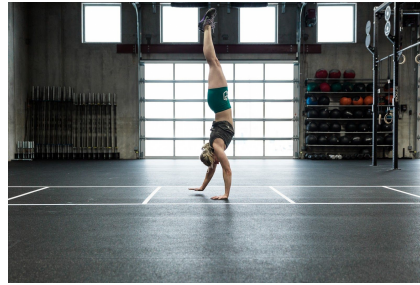
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## WEEK 2 – OPEN WORKOUT 5

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### – MOVEMENT STANDARDS –



#### Handstand Walk

The handstand walk area must be divided into 5-ft. segments visibly marked on the floor. Ideally, the lane will have five consecutive segments, allowing a 25-foot walk in one direction and a 25-foot walk back. Walking more than 25 feet in one direction without turning around is not allowed. The athlete must start with feet **BEHIND** the mark denoting the start of the segment being attempted, and when kicking up, the hands (entire hand, including palm and fingers) must also start **BEHIND** the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep. If at any time the athlete comes down from the hands, he or she must restart from the last increment crossed. Both hands, including palms and fingers, must cross the line marking the 5-foot increment to earn credit for that distance. Each 5-foot section will count as 1 rep.

#### Bear Crawl

The bear crawl area must be divided into 5-ft. segments visibly marked on the floor. Ideally, the lane will have five consecutive segments, allowing a 25-foot crawl in one direction and a 25-foot crawl back. Crawling more than 25 feet in one direction without turning around is not allowed. The athlete must place both hands (entire hand, including palm and fingers) on the ground **BEHIND** the mark denoting the start of the segment being attempted. Reaching across the line and placing hands into the segment constitutes a no rep. During the bear crawl, the athlete must touch both palms to the floor and raise the hips above the height of the head so as to be supporting some body weight with the arms. If at any time the athlete stands up, drops to the floor, or drops the hips below the height of the head, he or she must restart from the last increment crossed. Both hands and both feet must cross the line marking the 5-foot increment to earn credit for that distance. Each 5-foot section will count as 1 rep.

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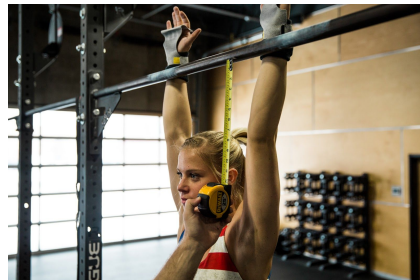
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### Chest to Bar Pull-up

This is a standard chest to bar pull-up. Dead hang, kipping, or butterfly pull-ups are allowed, as long as all the requirements are met. Any grip is allowed, as long as the arms are fully extended at the bottom. At the top, the chest **MUST CLEARLY COME INTO CONTACT** with the bar, below the collarbone.



### Jumping Pull-ups

For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when standing tall. At the bottom, the athlete must lower themselves so their arms are fully extended. At the top, the chin must break the horizontal plane of the bar.

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### Double Dumbbell Front Rack Lunge Walk

Athletes must start behind the first line of the 25 foot lane, marked every 5 feet. The dumbbells must be in the front rack position. The athlete must step over each 5 foot increment for the rep to count. If the athlete puts the dumbbells down before reaching a 5 foot increment it is a **NO** rep and must start at the previous increment. The athlete will complete 25 feet one way, turn around, 25 feet back to the starting line, and then 25 feet to the final line. Each 5 foot increment is **ONE REP**.

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