# WEEK 1 – OPEN WORKOUT 1

**4.10.19** 5PM CDT – **4.15.19** 7PM CDT

ATHLETE NAME _____

## RX

| | | | | | | Tiebreak |
|---|---|---|---|---|---|---|
| 15 Squat Cleans 135/95<br>15 Toes To Bar<br>12 Bar Facing Burpees<br>*– If completed, add 4 minutes –* | 15 Squat Cleans | 15 | 15 Toes To Bar | 30 | 12 Bar Facing Burpees | 42 | : |
| 13 Squat Cleans 175/115<br>15 Toes To Bar<br>12 Bar Facing Burpees<br>*– If completed, add 4 minutes –* | 13 Squat Cleans | 55 | 15 Toes To Bar | 70 | 12 Bar Facing Burpees | 82 | : |
| 11 Squat Cleans 205/135<br>15 Toes To Bar<br>12 Bar Facing Burpees<br>*– If completed, add 4 minutes –* | 11 Squat Cleans | 93 | 15 Toes To Bar | 108 | 12 Bar Facing Burpees | 120 | : |
| 9 Squat Cleans 245/155<br>15 Toes To Bar<br>12 Bar Facing Burpees<br>*– If completed, add 4 minutes –* | 9 Squat Cleans | 129 | 15 Toes To Bar | 144 | 12 Bar Facing Burpees | 156 | : |
| 7 Squat Cleans 275/175<br>15 Toes To Bar<br>12 Bar Facing Burpees<br>*– If completed, add 4 minutes –* | 7 Squat Cleans | 163 | 15 Toes To Bar | 178 | 12 Bar Facing Burpees | 190 | : |
| 5 Squat Cleans 295/195<br>15 Toes To Bar<br>12 Bar Facing Burpees<br>*– If completed, add 4 minutes –* | 5 Squat Cleans | 195 | 15 Toes To Bar | 210 | 12 Bar Facing Burpees | 222 | : |
| 3 Squat Cleans 305/200<br>15 Toes To Bar<br>12 Bar Facing Burpees<br>*– If completed, add 4 minutes –* | 3 Squat Cleans | 225 | 15 Toes To Bar | 240 | 12 Bar Facing Burpees | 252 | : |
| 1 Squat Cleans 315/205<br>15 Toes To Bar<br>12 Bar Facing Burpees | 1 Squat Cleans | 253 | 15 Toes To Bar | 268 | 12 Bar Facing Burpees | 280 | : |

| TOTAL TIME (IF COMPLETED) | TIE-BREAK TIME (IF NOT COMPLETED) | TOTAL REPS (IF NOT COMPLETED) |
|---|---|---|
| MIN SEC | MIN SEC | REPS |

Presented by:

BORN PRIMITIVE

# WEEK 1 – OPEN WORKOUT 1

**4.10.19** 5PM CDT – **4.15.19** 7PM CDT

ATHLETE NAME _____

## SCALED

15 Squat Cleans 95/55
15 Knee Raises
12 Bar Facing Burpees

*– If completed, add 4 minutes –*

13 Squat Cleans 115/75
15 Knee Raises
12 Bar Facing Burpees

*– If completed, add 4 minutes –*

11 Squat Cleans 135/95
15 Knee Raises
12 Bar Facing Burpees

*– If completed, add 4 minutes –*

9 Squat Cleans 165/105
15 Knee Raises
12 Bar Facing Burpees

*– If completed, add 4 minutes –*

7 Squat Cleans 185/125
15 Knee Raises
12 Bar Facing Burpees

*– If completed, add 4 minutes –*

5 Squat Cleans 205/135
15 Knee Raises
12 Bar Facing Burpees

*– If completed, add 4 minutes –*

3 Squat Cleans 225/145
15 Knee Raises
12 Bar Facing Burpees

*– If completed, add 4 minutes –*

1 Squat Cleans 245/155
15 Knee Raises
12 Bar Facing Burpees

| | | | | | | Tiebreak |
|---|---|---|---|---|---|---|
| 15 Squat Cleans | 15 | 15 Knee Raises | 30 | 12 Bar Facing Burpees | 42 | : |
| 13 Squat Cleans | 55 | 15 Knee Raises | 70 | 12 Bar Facing Burpees | 82 | : |
| 11 Squat Cleans | 93 | 15 Knee Raises | 108 | 12 Bar Facing Burpees | 120 | : |
| 9 Squat Cleans | 129 | 15 Knee Raises | 144 | 12 Bar Facing Burpees | 156 | : |
| 7 Squat Cleans | 163 | 15 Knee Raises | 178 | 12 Bar Facing Burpees | 190 | : |
| 5 Squat Cleans | 195 | 15 Knee Raises | 210 | 12 Bar Facing Burpees | 222 | : |
| 3 Squat Cleans | 225 | 15 Knee Raises | 240 | 12 Bar Facing Burpees | 252 | : |
| 1 Squat Cleans | 253 | 15 Knee Raises | 268 | 12 Bar Facing Burpees | 280 | : |

| TOTAL TIME (IF COMPLETED) | TIE-BREAK TIME (IF NOT COMPLETED) | TOTAL REPS (IF NOT COMPLETED) |
|---|---|---|
| MIN SEC | MIN SEC | REPS |

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# **WEEK 1** – OPEN WORKOUT 1

**4.10.19** 5PM CDT – **4.15.19** 7PM CDT

## EQUIPMENT

To complete this workout you will need:

- One Barbell
- Collars
- Standard Bumper Plates
- Pull-up Bar

## NOTES

This workout begins with the barbell on the floor. After the call of "3, 2, 1 ... go," the athlete will have 4 minutes to perform 15 squat cleans, 15 toes to bar or knee raises, and 12 bar facing burpees. **If the athlete does not complete all repetitions within 4 minutes, their workout is over and the athlete will record their score.** If all the repetitions are completed within the 4-minute window, the athlete will earn an additional 4 minutes to perform 13 squat cleans at a heavier weight, 15 toes to bar or knee raises, and 12 bar facing burpees. If all repetitions are completed by the 8-minute mark, the athlete will begin another round and the time cap will be extended by an additional 4 minutes. Each round, the weight of the squat cleans will increase while the reps of the squat cleans decrease. **Once a round is completed, the athlete may immediately begin the next round.** The athlete does not need to wait for the 4-minute round to end before moving on to the next round. This pattern of earning additional time will continue for up to 32 minutes, as long as a full round is completed before the next cutoff. This workout is over when the athlete fails to complete all the repetitions within the cutoff time for that round. The final round ends at the 32-minute mark. The athlete's score is the number of repetitions completed up to their cutoff time.

In this workout, another person may assist the athlete in changing the plates on the barbell during the workout, or multiple barbells may be used. Collars must be placed on the outside of all the plates on any bar used during the workout.

## 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 squat depth and 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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## – MOVEMENT STANDARDS –

### Squat Cleans

Each repetition starts with the barbell on the floor. The barbell must be received in a squat, pause or pass through the front rack, and finish standing tall. The hip crease must be clearly below the top of the knee. A power clean to front squat is also allowed.

### Toes to Bar/Hanging Knee Raises

The athlete must go from a full hang to having the toes touch the pull-up bar. The rep is counted when both feet make contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the body/vertical plain before initiating the next rep. Any part of the shoe may touch the bar for the rep to count. Any grip may be used. If both feet do not make contact with the bar at the SAME TIME, it will result in a no rep. If the body does not come to full extension with feet brought back behind the body at the bottom, it will result in a no rep.

For hanging knee raise, the athlete must raise the knees above the height of the hips.

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## Bar Facing Burpees

The burpee must be performed perpendicular to and facing the barbell. The athlete jumps or steps back to lie on the ground. The athlete's head must be behind the barbell. The chest and thighs must touch the ground at the bottom. The hands and feet must remain inside the width of the plates at the bottom of the burpee. From this position, the athlete can step or jump to their feet. The athlete must jump over the barbell using a two-foot takeoff. Single-legged jumping or stepping over is **not** permitted (scaled divisions excluded). The athlete does not need to land with both feet at the same time. The rep is credited when both feet have touched the ground on the opposite side of the barbell. Before starting the next rep, the athlete must be perpendicular to and facing the barbell.

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