

**23.2****For Time****10 min Time Cap****50 Cal Row****40 Burpee over the Rower****30 Cleans**

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 standards video may be disqualified from the competition.

CLEAN WEIGHTS**Rx'd** (Ages 30-34)

70/50 kgs

Rx'd (Ages 35-44)

60/40 kgs

Rx'd (Ages 45-54)

50/35 kgs

Rx'd (Ages 55-)

40/25 kgs

Scaled (Ages 30-34)

60/40 kgs

Scaled (Ages 35-44)

50/30 kgs

Scaled (Ages 45-54)

40/25 kgs

Scaled (Ages 55-)

35/20 kgs

VIDEO SUBMISSION STANDARDS

- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do NOT use a countdown timer.

NOTES

This workout begins with the athlete standing behind the rower. After the call of “3, 2, 1... go,” the athlete will start. The 23.2 scored by total time. If uncompleted, scored by reps
Before you start the workout show all the equipments you are going to use in ‘23.2 There is no tiebreak for this workout.

EQUIPMENTS



MOVEMENT STANDARDS

ROW

- The competitor should set the “Single Distance 50 Cal” on the Rower.
- At the finishing the exercise competitor must show monitor showing Zero Calories

BURPEE OVER THE ROWER

- The burpees must be performed lateral to the rower.
- Athletes may jump or step back to reach the bottom position.
- Stepping and/or jumping back to the starting position are both permitted.
- Both feet must be off the ground as the athlete passes over the rower.
- Stepping over is NOT permitted.
- Scaled divisions may step over the rower.
- THE ATHLETE NEED TO USE A TWO-FOOT TAKEOFF.
- Touching the rower on the jump or step-over is a “NO REP.”
- The rep is credited when both feet have touched the ground on the opposite side of the rower.
- There is no requirement to land with both feet at the same time.
- If the athlete receives a “no rep” for any reason, the entire rep must be repeated.

CLEAN

- The barbell starts on the ground.
- Collars must be placed outside the plates.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.
- The rep is credited when the athlete’s hips and knees reach full extension, the feet are in line, and the bar is supported in the front-rack position, with the elbows clearly in front of the hands.
- If the bar is lowered from the rack position before the hips and knees reach full extension, the rep will not count.

**SCORESHEET**

Athlete Name: _____

Competition Division: Rx Scaled

Age Division: 30-34 35-39 40-44 45-49 50-54 55-59 60+

Judge Name: _____

Has judge passed CrossFit's Online Judges Course? Yes No

MOVEMENTS	REPS
50 Calories on the Concept 2 Rower	50
40 Burpees over the Rower	90
30 Cleans	120
TOTAL TIME / NUMBER OF REPS*	

*If the athlete is not able to complete the workout, score will be total number of reps completed in 10 minutes.