WORKOUT 1

All workout scores due Monday, December 16th at 8pm EST

GO WOD
MOBILITY FIRST

SCORECARD

5 ROUNDS FOR TIME

21 Dumbbell Thrusters
15 Toes-to-bar
9 Burpee Box Jump Overs

WOMEN:	MEN
20 lbs Dumbbells 24" Box	35 lbs Dumbbells 30" Box

CAP: 20 Minutes

SCORE: Time
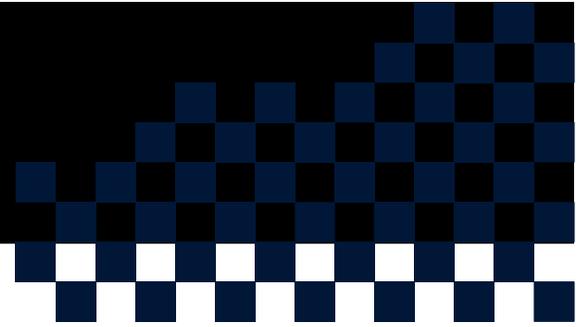
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FLOW

At the start of the ascending clock, the athlete (START STANDING TALL) may begin their set of 21 Dumbbell Thrusters. Once the 21 Dumbbell Thrusters have been completed, they can begin their 15 Toes To Bar.

After those repetitions are done, they can begin 9 Burpee Box Jump Overs.

When performing the Burpee Box Jump Overs, athletes must face the box.

Athletes must use a standard plyometric box that measures the prescribed height. Smaller boxes cannot be used regardless if one side measures the prescribed height.

After the 9th Burpee Box Jump Over, the athlete will continue until the 5 rounds have been completed.

Time can be noted once all 5 rounds are finished if the athlete completes the workout within the 20:00 time cap.

SCORING

This workout is scored by the total time it takes athletes to complete the prescribed repetitions within the 20 minute time cap. Any unfinished repetitions will be counted as penalty reps against the athletes total time.»
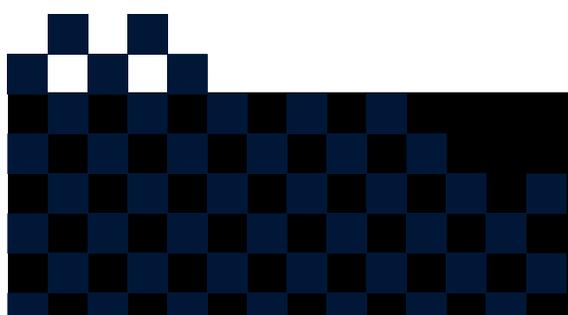
MOVEMENT STANDARDS

Dumbbell Thruster

Using two dumbbells, the athlete must pass through a front squat, with the athlete's hip crease passing below the top of their knee.
Then, the athlete must extend their hips and knees while simultaneously pressing upward on the dumbbell, to finish with the dumbbell locked out overhead, with the athlete's hips, knees, shoulders, and arms extended, with the dumbbells over the athlete's center of mass.
The athlete may "thruster-jerk" as long as they finish the ROM showing a clear extension of hip, knees, shoulers, and elbows..
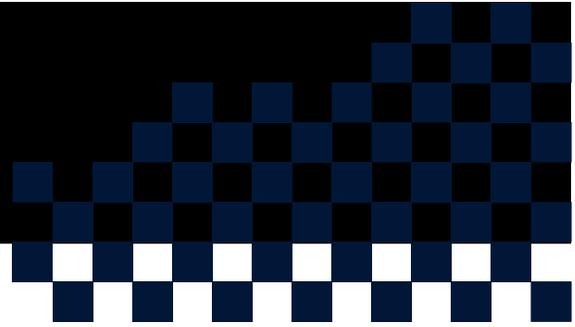Finally, the athlete may start each set by performing a squat clean thruster.

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MOVEMENT STANDARDS

Toes To Bar

The Toes To Bar requires an athlete to start each set at a dead hang from a pull-up bar, with shoulders, arms, hips, and legs at full
extension.
Each repetition consists of an athlete bringing both feet behind the perpendicular vertical plane created by the pull-up bar,
and finishes with both feet simultaneously making contact with the pull-up bar, between the athlete's
hands.»

Burpee Box Jump Over

The burpee box jump begins with an athlete using a box set to the required height. Each repetition begins with the athlete facing the
box. The athlete shall then perform a burpee, facing the box.
This requires the athlete's chest and thighs to come in contact with the floor. After the athlete comes in contact with the floor, they
can come to the top of their burpee by stepping or jumping up.

The athlete must then jump themselves to a standing position with both feet in contact with the floor.
From here, the athlete must jump with a two-foot takeoff either on top of the box or directly over the box. If landing on top of the box,
the athlete may step or jump down on the opposite side. However, both feet must pass directly over the box. Also, no hip extension
is required on top of the box or at any point.
Once both of the athlete's feet come in contact with the ground on the opposite side of the box in which the repetition started, that
rep shall be counted.
The athlete must always start each repetition facing the box. Lateral burpees to the box will not be accepted.
Athletes may only use the standard 30/24/20" box. No other boxes may be used regardless if the height meets the prescribed
standard.
A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete may jump on top of the box using a
two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the
box, the feet must go over the box, not around it, and the athlete must use a two-foot landing.

EQUIPMENT

Dumbbells
Plyo Box
Pull Up Bar
If performing in kilograms:
35lb = 16kg
20lb = 9kg
10lb = 5kg

VIDEO SUBMISSION

Prior to starting, the athlete must state their name, workout being performed and clearly film the barbell and weights to be used so
the weight can be identified. The height of the box must be measured and clearly shown in the video.
All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the
running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all
exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due
to the visual distortion these lenses cause.
While video submission is not required until the conclusion of the challenge, we recommend filming all of your completed workouts
in preparation for those requested.

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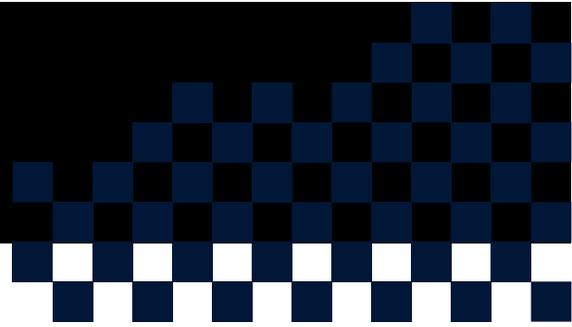MOBILITY FIRST

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CrossFit ATLAS GAMES
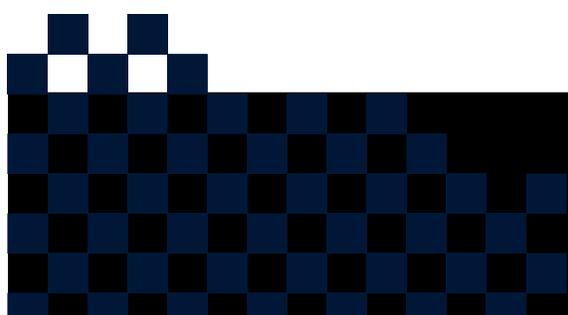
SCORE SUBMISSION DUE: MONDAY, DECEMBER 16TH AT 8PM ET

	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
THRUSTERS	21	66	111	156	201
TOES TO BAR	36	81	126	171	216
BBJO	45	90	135	180	225

TIME:

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TIME: **OR REPS** /225

IF INCOMPLETE, ADD 1 SECONDE PER MISSING REPS TO THE 20 MINUTES TIME CAP FOR YOUR FINAL SCORE

ATHLETE NAME:

SIGNATURE:

JUDGE NAME

FEMALE 1 TIME
+
FEMALE 2 TIME
+
MALE 1 TIME
+
MALE 2 TIME
=
TEAM SCORE

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