

CrossFit

OPEN | 2024

OPEN WEEK 1

12 P.M. (NOON) PT THURSDAY, FEB. 29, THROUGH 5 P.M. PT MONDAY, MARCH 4



OPEN 24:1 for Kids!



For Time

- 9 DB Snatch Bras 1
- 9 Burpees over DB
- 9 DB Snatch Bras 2
- 9 Burpees over DB
- 6 DB Snatch Bras 1
- 6 Burpees over DB
- 6 DB Snatch Bras 2
- 6 Burpees over DB
- 3 DB Snatch Bras 1
- 3 Burpees over DB
- 3 DB Snatch Bras 2
- 3 Burpees over DB



OPEN 24:1 for Kids!



9 DB snatch, bras 1	9
9 burpees over DB	18
9 DB snatch, bras 2	27
9 burpees over DB	36
6 DB snatch, bras 1	42
6 burpees over DB	48
6 DB snatch, bras 2	54
6 burpees over DB	60
3 DB snatch, bras 1	63
3 burpees over DB	66
3 DB snatch, bras 2	69
3 burpees over DB	72

Judge _____
Judge Name

Time or Reps at 15 Min. _____

Rx'd Scaled

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

WORKOUT 24.1

Time or Reps at 15 Min. _____

Rx'd Scaled

25% OFF MOMENTOUS



Athlete Name _____
Print

Tiebreak Time _____

Workout Location _____ Date _____

Judge _____
Judge Name

Judge Signature

SCAN TO SUBMIT SCORE

