

ATTACHMENT A – PAST CROSSFIT OPEN WORKOUTS- RX MEN LISTED

CROSSFIT GAMES OPEN 2021

OPEN 21.1

For time:

1 wall walk
10 double-unders
3 wall walks
30 double-unders
6 wall walks
60 double-unders
9 wall walks
90 double-unders
15 wall walks
150 double-unders
21 wall walks
210 double-unders

Time cap: 15 min.

OPEN 21.2

For time:

10 dumbbell snatches
15 burpee box jump-overs
20 dumbbell snatches
15 burpee box jump-overs
30 dumbbell snatches
15 burpee box jump-overs
40 dumbbell snatches
15 burpee box jump-overs
50 dumbbell snatches
15 burpee box jump-overs
50-lb. dumbbell, 24-in. box

Time cap: 20 min.

OPEN 21.3

For total time:

15 front squats
30 toes-to-bars
15 thrusters
Then, rest 1 minute before continuing with:
15 front squats
30 chest-to-bar pull-ups

15 thrusters

Then, rest 1 minute before continuing with:

15 front squats

30 bar muscle-ups

15 thrusters

Workout 21.4 begins immediately upon completing or reaching the time cap for 21.3.

95 lb. for the front squats and thrusters

Time cap: 15 min.

OPEN 21.4

Complete the following complex for max load:

1 deadlift

1 clean

1 hang clean

1 jerk

Time begins immediately following the completion of 21.3.

Time cap: 7 min.

CROSSFIT GAMES OPEN 2020

OPEN 20.1

10 rounds for time of:

8 ground-to-overheads, 95 lb.

10 bar-facing burpees

Time cap: 15 minutes

OPEN 20.2

Complete as many rounds as possible in 20 minutes of:

4 dumbbell thrusters

6 toes-to-bars

24 double-unders

50-lb. dumbbells

OPEN 20.3

For time:

21 deadlifts, 225 lb.

21 handstand push-ups

15 deadlifts, 225 lb.

15 handstand push-ups

9 deadlifts, 225 lb.

9 handstand push-ups

21 deadlifts, 315 lb.

50-ft. handstand walk

15 deadlifts, 315 lb.
50-ft. handstand walk
9 deadlifts, 315 lb.
50-ft. handstand walk

Time cap: 9 min.

OPEN 20.4

For time:

30 box jumps, 24 in.
15 clean and jerks, 95 lb.
30 box jumps, 24 in.
15 clean and jerks, 135 lb.
30 box jumps, 24 in.
10 clean and jerks, 185 lb.
30 single-leg squats
10 clean and jerks, 225 lb.
30 single-leg squats
5 clean and jerks, 275 lb.
30 single-leg squats
5 clean and jerks, 315 lb.

Time cap: 20 minutes

OPEN 20.5

For time, partitioned any way:

40 muscle-ups
80-cal. row
120 wall-ball shots, 20-lb. ball to 10 ft.

Time cap: 20 min.

CROSSFIT GAMES OPEN 2019

OPEN 19.1

Complete as many rounds as possible in 15 minutes of:

19 wall-ball shots
19-cal. row

OPEN 19.2

Beginning on an 8-minute clock, complete as many reps as possible of:

25 toes-to-bars
50 double-unders
15 squat cleans, 135 lb.

25 toes-to-bars
50 double-unders
13 squat cleans, 185 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

25 toes-to-bars
50 double-unders
11 squat cleans, 225 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

25 toes-to-bars
50 double-unders
9 squat cleans, 275 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

25 toes-to-bars
50 double-unders
7 squat cleans, 315 lb.

Stop at 20 minutes.

OPEN 19.3

For time:

200-ft. dumbbell overhead lunge
50 dumbbell box step-ups
50 strict handstand push-ups
200-ft. handstand walk

50-lb. dumbbell, 24-in. box

Time cap: 10 minutes

OPEN 19.4

For total time:

3 rounds of:
10 snatches
12 bar-facing burpees

Then, rest 3 minutes before continuing with:

3 rounds of:
10 bar muscle-ups
12 bar-facing burpees

Men snatch 95 lb.

Time cap: 12 minutes

OPEN 19.5

33-27-21-15-9 reps for time of:

95-lb. thrusters
Chest-to-bar pull-ups

Time cap: 20 minutes

CROSSFIT GAMES OPEN 2018

OPEN 18.1

20 Min AMRAP

18 toes-to-bars

10 dumbbell hang clean and jerks

14-cal. row

OPEN 18.2

1-2-3-4-5-6-7-8-9-10 reps for time of:

Dumbbell squats

Bar-facing burpees

1-rep-max clean

12 min time cap total

OPEN 18.3

2 rounds for time of:

100 double-unders

20 overhead squats

100 double-unders

12 ring muscle-ups

100 double-unders

20 dumbbell snatches

100 double-unders

12 bar muscle-ups

Men perform 115-lb. OHS, 50-lb. DB snatches

Time cap: 14 minutes

OPEN 18.4

For time:

21 deadlifts, 225 lb.

21 handstand push-ups

15 deadlifts, 225 lb.

15 handstand push-ups

9 deadlifts, 225 lb.

9 handstand push-ups

21 deadlifts, 315 lb.

50-ft. handstand walk

15 deadlifts, 315 lb.

50-ft. handstand walk

9 deadlifts, 315 lb.

50-ft. handstand walk

Time cap: 9 min.

OPEN 18.5
7 Min AMRAP
3-6-9-... thrusters 100 lbs
3-6-9-... chest-to-bar pull-ups

CROSSFIT GAMES OPEN 2017

OPEN 17.1
For Time
10 Dumbbell Snatch 50/35 lbs
15 Burpee Box Jump Overs 24/20"
20 Dumbbell Snatch 50/35 lbs
15 Burpee Box Jump Overs 24/20"
30 Dumbbell Snatch 50/35 lbs
15 Burpee Box Jump Overs 24/20"
40 Dumbbell Snatch 50/35 lbs
15 Burpee Box Jump Overs 24/20"
50 Dumbbell Snatch 50/35 lbs
15 Burpee Box Jump Overs 24/20"

OPEN 17.2
12 Min AMRAP
2 Rounds of:
50 feet Dumbbell Walking Lunges 2x50/35 lbs
16 Toes to Bars
8 Dumbbell Power Cleans 2x50/35 lbs
2 Rounds of:
50 feet Dumbbell Walking Lunges 2x50/35 lbs
16 Bar Muscle Ups
8 Dumbbell Power Cleans 2x50/35 lbs

OPEN 17.3
Prior to 8:00, complete:
3 rounds of:
6 Chest to Bar Pull Ups
6 Squat Snatches 95/65 lbs
Then, 3 rounds of:
7 Chest to Bar Pull Ups
5 Squat Snatches 135/95 lbs
Prior to 12:00, complete 3 rounds of:
8 Chest to Bar Pull Ups
4 Squat Snatches 185/135 lbs
Same rules applies to other rounds, +4 minutes if you finish 3 rounds, +1 C2B and -1 Squat Snatch, weight goes up to 225/155, 245/175 and 265/185 lbs

OPEN 17.4
13 Min AMRAP
55 Deadlifts 225/155 lbs
55 Wall Balls 20/14 lbs
55 cal Row
55 HSPU

OPEN 17.5
10 Rounds of
9 Thrusters 95/65 lbs
35 DUs

CROSSIT GAMES OPEN 2016

OPEN 16.1
20 Min AMRAP
25-ft. Overhead Walking Lunges 95/65 lbs
8 Bar Facing Burpees
25-ft. Overhead Walking Lunges 95/65 lbs
8 Chest-to-Bar Pull Ups

OPEN 16.2
4 Min Time Cap for
25 Toes-to-Bars
50 Double-Unders
15 Squat Cleans 135/85 lbs
If you finish before 4:00, add 4 minutes and continue:
25 TTB + 50 DUs + 13 Sq Cleans 185/115
Same rule applies for other rounds +4 minutes and decreased
reps on squat cleans with increased weight
25 TTB + 50 DUs + 11 Sq Cleans 225/145 lbs
25 TTB + 50 DUs + 9 Sq Cleans 275/175 lbs
25 TTB + 50 DUs + 7 Sq Cleans 315/205 lbs

OPEN 16.3
7 Min AMRAP
10 Power Snatches 75/55 lbs
3 Bar Muscle Ups

OPEN 16.4
13 Min AMRAP
55 Deadlifts 225/155 lbs
55 Wall Balls 20/14 lbs
55 cal Row
55 HSPU

OPEN 16.5
For Time
21-18-15-12-9-6-3
Thrusters 95/65 lbs
Bar Facing Burpees

CROSSFIT GAMES OPEN 2015

OPEN 15.1
Part A: 9 Min AMRAP
15 Toes-to-Bars
10 Deadlifts 115/75 lbs
5 Snatches 115/75 lbs
Part B: 6 Minutes for
1 RM Clean and Jerk

OPEN 15.2
From 0:00 to 3:00
2 Rounds of
10 Overhead Squats 95/65 lbs
10 Chest-to-Bar Pull Ups
From 3:00 to 6:00
2 Rounds of
12 Overhead Squats 95/65 lbs
12 Chest-to-Bar Pull Ups
From 6:00 to 9:00
2 Rounds of
14 Overhead Squats 95/65 lbs
14 Chest-to-Bar Pull Ups
Etc., following same pattern until you fail to complete both rounds

OPEN 15.3
14 Min AMRAP
7 Muscle Ups
50 Wall Balls 20/14 lbs
100 DUs

OPEN 15.4
8 Min AMRAP
3-6-9-12-15-18-21-... HSPU
3-3-3-6-6-6-9-... Cleans 185/125 lbs

OPEN 15.5
For Time
27-21-15-9

Row (calories)
Thrusters 95/65 lbs

CROSSFIT GAMES OPEN 2014

OPEN 14.1
10 Min AMRAP
30 DUs
15 Power Snatches 75/55 lbs

OPEN 14.2
From 0:00 to 3:00
2 Rounds of
10 Overhead Squats 95/65 lbs
10 Chest-to-Bar Pull Ups
From 3:00 to 6:00
2 Rounds of
12 Overhead Squats 95/65 lbs
12 Chest-to-Bar Pull Ups
From 6:00 to 9:00
2 Rounds of
14 Overhead Squats 95/65 lbs
14 Chest-to-Bar Pull Ups
Etc., following same pattern until you fail to complete both rounds

OPEN 14.3
8 Min Time Cap
10 Deadlifts 135/95 lbs
15 Box Jumps 24/20"
15 Deadlifts 185/135 lbs
15 Box Jumps 24/20"
20 Deadlifts 225/155 lbs
15 Box Jumps 24/20"
25 Deadlifts 275/185 lbs
15 Box Jumps 24/20"
30 Deadlifts 315/250 lbs
15 Box Jumps 24/20"
35 Deadlifts 365/225 lbs
15 Box Jumps 24/20"

OPEN 14.4
14 Min AMRAP
60 cal Row
50 Toes-to-Bars
40 Wall Balls 20/14 lbs

30 Cleans 135/95 lbs
20 Muscle Ups

OPEN 14.5
For Time
21-18-15-12-9-6-3
Thrusters 95/65 lbs
Bar Facing Burpees

CROSSFIT GAMES OPEN 2013

OPEN 13.1
17 Min AMRAP
40 Target Burpees
30 Snatches 75/45 lbs
30 Target Burpees
30 Snatches 135/75 lbs
20 Target Burpees
30 Snatches 165/100 lbs
10 Target Burpees
Max Snatches 210/120 lbs

OPEN 13.2
10 Min AMRAP
5 Shoulder-to-Overhead 115/75 lbs
10 Deadlifts 115/75 lbs
15 Box Jumps 24/20"

OPEN 13.3
12 Min AMRAP
150 Wall Balls 20/14 lbs
90 DUs
30 Muscle Ups

OPEN 13.4
7 Min AMRAP
3-6-9-12-...
Clean and Jerks 135/95 lbs
Toes-to-Bars

OPEN 13.5
4 Min AMRAP
15 Thrusters 100/65 lbs
15 Chest-to-Bar Pull Ups
Time extends by 4 minutes for each 3 completed rounds

CROSSFIT GAMES OPEN 2012

OPEN 12.1

7 Min AMRAP
Target Burpees

OPEN 12.2

10 Min AMRAP
30 Snatches 75/45 lbs
30 Snatches 135/75 lbs
30 Snatches 165/100 lbs
Max Snatches 210/120 lbs

OPEN 12.3

18 Min AMRAP
15 Box Jumps 24/20"
12 Push Presses 115/75
9 Toes-to-Bars

OPEN 12.4

12 Min AMRAP
150 Wall Balls 20/14 lbs
90 DUs
30 Muscle Ups

OPEN 12.5

7 Min AMRAP
3-6-9-12-15-...
Thrusters 100/65 lbs
Chest-to-Bar Pull Ups

CROSSFIT GAMES OPEN 2011

OPEN 11.1

10 Min AMRAP
30 DUs
15 Power Snatches 75/55 lbs

OPEN 11.2

15 Min AMRAP
9 Deadlifts 155/100 lbs
12 HR Push Ups
15 Box Jumps 24/20"

OPEN 11.3

5 Min AMRAP
Squat Clean 165/110 lbs
Jerk 165/110 lbs

OPEN 11.4
10 Min AMRAP
60 Bar Facing Burpees
30 Overhead Squats 120/90 lbs
10 Muscle Ups

OPEN 11.5
20 Min AMRAP
5 Power Cleans 145/100 lbs
10 Toes-to-Bars
15 Wall Balls 20/14 lbs

OPEN 11.6
7 Min AMRAP
3-6-9-12-15-...
Thrusters 100/65 lbs
Chest-to-Bar Pull Ups