



WORKOUT 12.1 17:00 PT Wed, Feb 22 through 17:00 PT Sun, Feb 26

Week 1 presented by **FRS**
HEALTHY PERFORMANCE

WORKOUT

Complete as many reps as possible in 7 minutes of:

Burpees

EQUIPMENT

To complete this workout you will only need a target that can be set at least 6 inches above the athlete's max reach.

MOVEMENT STANDARDS

This workout begins from the standing position, then the athlete will move from flat on the ground to touching an object with both hands that is 6 inches above their max reach.



Bottom of the Burpee
At the bottom position the athlete's chest and hips must touch the ground.



Touching the top position
At the top of the burpee both hands must make contact with the target.



Showing full extension to measure reach

The height of the target must be no less than 6 inches above the athlete's fingertips when they are standing feet together with a straight line through their wrist, elbow, shoulder, hip and knees. The athlete should be shrugging their shoulders and reaching as high as possible while the measurement is being made.

ADDITIONAL NOTES

Please be sure to watch the entire [workout instruction video](#) for full details. Each rep will be counted once the athlete touches the target with both hands. A variety of methods can be used to create a target including a pull-up bar, a hanging ring, a piece of tape on a wall as long as the target is at least 6 inches above the athlete's max reach and it is touched with both hands for the rep to count. If the athlete touches with just one hand or misses, they may re-jump to complete that rep without dropping back to the ground. The use of a springy floor is not allowed.

*http://od-iphone.crossfit.com/games/iphone/G2012_OPEN_Wk1_DemoStandarsBurp_ipod.mov

VIDEO SUBMISSION STANDARDS

Prior to starting, film the measuring of the target to be 6 inches above the athlete's max reach. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch will need to be in the frame throughout the entire workout. Shoot the video from the side so that it is clear that the hips and chest are touching the ground at the bottom position and both hands can be seen touching the target. For a video submission example click [here](#).

*http://od-iphone.crossfit.com/games/iphone/KatieHogan_OpenWk1Burpee_ipod.mov



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Scorecard

Complete as reps as possible in 7 minutes of:
Burpees

Athlete Name _____ Judge Name _____

NUMBER OF REPS

TOTAL REPS COMPLETED