



DUCQ - FUTURES

SCORE SUBMISSION DUE 8PM (AEST) FRIDAY, AUGUST 25

WORKOUT DESCRIPTION

CrossFit LICENSED EVENT | 2023

WORKOUT 23.3

For time: (20min CAP)

25 Hang Power Snatches
25 Burpee Box Jump Overs
50/ 40 Calorie Row
25 Burpee Box Jump Overs
25 Hang Power Snatches

♂ 45kg/ 100lb | 24"

♀ 30kg/ 65lb | 20"

Notes:

This workout begins with the athlete's back facing towards the barbell. After the call of go, the athlete will start their 25 hang power snatches, they will then move to the box for their 25 burpee box jump overs. Then, the athlete will move to the rower and complete 50/ 40 calorie row. The athlete will then complete another 25 burpee box jump overs and 25 hang power snatches.

The athlete's score will be the total time it takes to complete the workout, or the total number of reps completed before the 20-minute time cap.

Equipment:

- Barbell
- Collars
- Plates to load to the appropriate weight for your division.
- Tape to mark the floor for the Burpee Box Jump Overs
- Plyo Box
- Concept2 Rower

Video Submission Standards:

Film the plates and barbell so the weights can be seen clearly and show the height of the box with a tape measure. The video must be uncut and unedited to accurately display the performance. Your judge and a clock or timer must be visible throughout the workout. Record the video so all movements can be seen clearly meeting the movement standards.



DUCQ - FUTURES

SCORE SUBMISSION DUE 8PM (AEST) FRIDAY, AUGUST 25

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Hang Power Snatches

Beginning:

- Each rep must start from the hang (above the knee), or any rep taken from the floor must achieve a deadlift lockout (hips and knees fully extended, shoulders behind the bar) before re-dipping to initiate the hang power snatch.

Middle:

- The barbell must be lifted overhead in one motion. A clean & jerk is not allowed.
- A hang squat snatch is allowed.

End:

- The barbell must come to full lockout overhead, with the hips, knees and arms extended, and the bar directly over or slightly behind the middle of the body.



Row

Beginning:

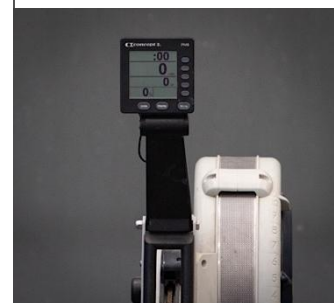
- The monitor on the rower must be set to zero at the beginning.
- The athlete may have assistance turning the monitor on and setting it to zero.

Middle:

- N/A

End:

- The athlete must stay seated on the rower until the monitor reads 50/ 40 calories.





DUCQ - FUTURES

SCORE SUBMISSION DUE 8PM (AEST) FRIDAY, AUGUST 25

MOVEMENT STANDARDS

CrossFit LICENSED EVENT | 2023

Burpee Box Jump Overs

Beginning:

- The Burpee Box Jump Over starts with the athlete perpendicular to the box while touching their chest and thighs on the ground.
- In the bottom position, the centre of the athlete's chest must be touching the line, and the feet and hands must be straddling the line.
- Setting the box at an angle is not allowed.

Middle:

- A two-foot take off is required, and only the athlete's feet may touch the box.
- After landing on the box, the athlete may jump or step off to the other side. If the athlete lands on the box, both feet must touch the top of the box before stepping or jumping off.
- Alternatively, the athlete may jump completely over the box. If jumping over the box, the feet must pass over the box, not around it, and the athlete must use a two-foot landing.
- There is no requirement to stand tall while on top of the box.

End:

- Each rep is completed when both feet are on the ground on the opposite side of the box. From there, the athlete may begin their next rep.



Reminder: Tape a line on the floor for the burpee box jump overs.



CrossFit LICENSED EVENT | 2023

DUCQ - FUTURES

SCORE SUBMISSION DUE 8PM (AEST) FRIDAY, AUGUST 25

SCORECARD

WORKOUT 23.3

♂ 45kg/ 100lb | 24"

♀ 30kg/ 65lb | 20"

Note: This workout begins with the athlete's back facing towards the barbell.

25 Hang Power Snatches	25
25 Burpee Box Jump Overs	50
50/ 40 Calorie Row	100/ 90
25 Burpee Box Jump Overs	125/ 115
25 Hang Power Snatches	150/ 140

ATHLETE NAME _____

TIME _____

A VIDEO LINK MUST BE SUBMITTED WITH YOUR SCORE

OR THE TOTAL REPS COMPLETED AT THE 20 MINUTE TIME CAP _____