

# STRONGTOWN OPEN:

## WHAT WORKOUT WILL WE SEE AGAIN IN 2017?

**Rules:** Everyone at CrossFit Strongtown gets to vote at guessing A) which week will see the repeat workout and B) which workout will be repeated. Bonus points (see website) can be earned by guessing the correct week, additional points can be earned by guessing the correct workout, and there will be grand prize for anyone who guesses both the week and workout correctly. Vote by placing your initials in the corresponding box on the gym whiteboard.

### A) GUESS THE REPEAT WEEK:

<u>17.1</u> (Feb 23-27)	<u>17.2</u> (March 2-6)	<u>17.3</u> (March 9-13)	<u>17.4</u> (March 16-20)	<u>17.5</u> (March 23-27)
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### B) GUESS THE REPEAT WORKOUT:

2011	2012	2013	2014	2015	2016
<u>11.1</u> <b>10 Minute AMRAP</b> 30 Double Unders 15 Power Snatch (75/55)	<u>12.1</u> <b>7 Minute AMRAP</b> Burpee to Target	<u>13.1</u> <b>17 Minute AMRAP</b> 40 Burpees / 30 Snatch (75/45) 30 Burpees / 30 Snatch (135/75) 20 Burpees / 30 Snatch (165/100) 10 Burpees AMRAP Snatch (210/120)	<u>14.1 / 11.1</u> <b>10 Minute AMRAP</b> 30 Double Unders 15 Power Snatch (75/55)	<u>15.1a</u> <b>9 Minute AMRAP</b> 15 Toes to Bar 10 Deadlifts 5 Snatches (115/75 lbs)	<u>16.1</u> <b>20 Minute AMRAP</b> 25' OH BB Lunge 8 Bar Burpees 25' OH BB Lunge 8 C2B Pull-ups (95/65)
<u>11.2</u> <b>15 Minute AMRAP</b> 9 Deadlifts (155/100) 12 Push-ups 15 Box Jumps	<u>12.2</u> <b>10 Minute AMRAP</b> 30 Snatch (75/45) 30 Snatch (135/75) 30 Snatch (165/100) AMRAP Snatch (210/120)	<u>13.2</u> <b>10 Minute AMRAP</b> 5 Shoulder to OH 10 Deadlifts 15 Box Jumps / Step (115/75)	<u>14.2</u> <b>3 Min / 2 Rounds</b> 10 OH Squats (95/65) 10 C2B Pull-ups +2 Reps +3 Minutes if complete	<u>15.1b</u> <b>6 Minutes</b> Establish a 1RM Clean & Jerk	<u>16.2</u> <b>4 Min to Complete</b> 25 Toes to Bar 50 Double Unders 15 Squat Cleans <small>if complete time extends, weight increases, dl reps decrease</small>
<u>11.3</u> <b>5 Minute AMRAP</b> Squat Clean Jerk (165/110)	<u>12.3</u> <b>18 Minute AMRAP</b> 15 Box Jumps 12 Push Press (115/75) 9 Toes to Bar	<u>13.3 / 12.4</u> <b>12 Minute AMRAP</b> 150 Wall Ball 90 Double Unders 30 Muscle-ups	<u>14.3</u> <b>8 Minute AMRAP</b> 10 DL / 15 BJ 15 DL / 15 BJ 20 DL / 15 BJ 25 DL / 15 BJ Increasing weight	<u>15.2 / 14.2</u> <b>3 Min / 2 Rounds</b> 10 OH Squats (95/65) 10 C2B Pull-ups +2 Reps +3 Minutes if complete	<u>16.3</u> <b>7 Minute AMRAP</b> 10 Power Snatch 3 Bar Muscle-ups (75/55)
<u>11.4</u> <b>10 Minute AMRAP</b> 60 Bar Facing Burpees 30 Overhead Squats (120/90) 10 Muscle-Ups	<u>12.4</u> <b>12 Minute AMRAP</b> 150 Wall Ball 90 Double Unders 30 Muscle-ups	<u>13.4</u> <b>7 Minute Ladder</b> +3 Clean & Jerk +3 Toes to Bar (135/95)	<u>14.4</u> <b>14 Minute AMRAP</b> 60 Cal Row 50 Toes to Bar 40 Wall Ball 30 Cleans (135/95) 20 Muscle-ups	<u>15.3</u> <b>14 Minute AMRAP</b> 7 Muscle-ups 50 Wall Ball 100 Double Unders	<u>16.4</u> <b>13 Minute AMRAP</b> 55 Deadlifts 55 Wall Ball 55 Cal Row 55 HSPU (225/155)
<u>11.5</u> <b>20 Minute AMRAP</b> 5 Power Cleans (145/100) 10 Toes to Bar 15 Wall Ball	<u>12.5 / 11.6</u> <b>7 Minute Ladder</b> +3 Thrusters (100/65) +3 C2B Pull-ups	<u>13.5</u> <b>4 Min to Complete</b> <b>3 Rounds</b> 15 Thrusters (100/65) 15 C2B Pull-ups <small>if complete time extends</small>	<u>14.5</u> <b>For Time</b> <b>21-18-15-12-9-6-3</b> Thrusters (95/65) Bar Facing Burpee	<u>15.4</u> <b>8 Minute AMRAP</b> 3 HSPU / 3 Cleans 6 HSPU / 3 Cleans 9 HSPU / 3 Cleans 12/6, 15/6, 18/6 Etc. (185/125)	<u>16.5 / 14.5</u> <b>For Time</b> <b>21-18-15-12-9-6-3</b> Thrusters (95/65) Bar Facing Burpee
<u>11.6</u> <b>7 Minute Ladder</b> +3 Thrusters (100/65) +3 C2B Pull-ups				<u>15.5</u> <b>For Time</b> <b>27-21-15-9</b> Row (Cal) Thrusters (95/65)	