

**CROSSFIT GAMES OPEN**

# **TEST 23.2A & 23.2B**

**TWO-HEATS CLASS PLAN**

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# 23.2A & 23.2B

// TIME PRIORITY &amp; HEAVY

TIME | 20:00 | LOADING | 1/5 | SKILL | 2/5 | VOLUME | 3/5

## RX

Complete as many reps as possible in 15 minutes of:  
 5 burpee pull-ups  
 10 shuttle runs (1 rep=50 ft)  
 - Add 5 burpee pull-ups after each round.

Immediately followed by 23.2B  
 5 minutes to establish:  
 1-rep-max thruster (from the floor)

## INTERMEDIATE

(Scaled Option)  
 Complete as many reps as possible in 15 minutes of:  
 5 burpees  
 10 shuttle runs (1 rep=50 ft)  
 - Add 5 burpees after each round.

Immediately followed by 23.2B  
 5 minutes to establish:  
 1-rep-max thruster (from the floor)

## BEGINNER

(Foundations Option)  
 Complete as many reps as possible in 15 minutes of:  
 5 burpees  
 10 shuttle runs (1 rep=50 ft)  
 - Add 5 burpees after each round.

Immediately followed by 23.2B  
 5 minutes to establish:  
 1-rep-max thruster (from the floor)

## SKILL WORK

Rest, celebrate, stretch, and recover!

## GOALS

### INTENDED STIMULUS

- ✓ Add 5 burpee pull-ups to the burpee pull-ups after each round. For example: Round 1 = 5 burpee pull-ups and 10 shuttle runs, Round 2 = 10 burpee pull-ups and 10 shuttle runs, and so on.
- ✓ Choose a variation that allows you to get well beyond the round of 15 burpee pull-ups (burpees if scaling).
- ✓ Advanced athletes should aim to finish the round of 25 burpee pull-ups.
- ✓ Warm up to your first two planned weights for 23.2B before starting this workout.
- ✓ Set up a burpee pull-up station that minimizes how high you need to jump, but make sure to adhere to the official movement standards from [games.crossfit.com](https://games.crossfit.com).
- ✓ Maintain a consistent but quick pace throughout 23.2A. Avoid pushing to failure or long rests in the first few rounds.

▶ WATCH DAILY VIDEO

### COACHING GOALS

- ✓ This plan covers a two-heat option for 23.2. If you are running a single heat, review the logistics section of this plan and see the single-heat plan from <https://games.crossfit.com/affiliate-resources>.
- ✓ This class plan runs to 62:00 to accommodate two heats and to allow for some cool-down time post-workout. After the end of the second heat, have athletes spend 5:00 recovering and cleaning up as you start the next class whiteboard brief. This will help avoid excessive spill-over time into the next class.
- ✓ To fit two heats of this 20-minute workout into your class, you will need to adhere to a tight timeline, allow athletes to have a self-guided warm-up, plan to place barbells safely, and utilize clear and efficient demos at the beginning of class. We also recommend having athletes clean up and cool down as you brief the next class.
- ✓ For the official movement standards as well as specific information for each division, download the official 23.2 scorecard from Games.CrossFit.com.
- ✓ Focus on ensuring that athletes have clear running paths during 23.2A.
- ✓ Focus on making sure that athletes have safe spaces to perform the thruster. Lifting space should be clear of weights and equipment underneath or behind the athletes. Make sure athletes can drop/bail weight safely.
- ✓ The burpee pull-up has different standard requirements for the Scaled and Foundations options. Make sure to review these at [games.crossfit.com](https://games.crossfit.com)

## SCALING

### OVERVIEW

- Most athletes should use a variation of the workout to get beyond the round of 15 burpee pull-ups/burpees.
- Athletes should try to use the lowest pull-up bar height allowed by the standards outlined at [games.crossfit.com](https://games.crossfit.com).
- Prioritize maintaining knees out, heels down, and neutral lumbar curve during the thruster. Adjust the loading accordingly to ensure athletes maintain these points of performance as they increase weight.
- More information about scaling and the adaptive variations of these workouts can be found at <https://games.crossfit.com/workouts/open/2023>.

### MOVEMENT SCALING OPTIONS

**Burpee pull-ups** | burpee-to-a-target, burpees

**Shuttle runs** | Walk as needed

**1-rep-max thruster** | Prioritize movement quality over the loading.

## LOGISTICS

### LIMITATIONS

- This class plan covers a two-heat class for running 23.2A and 23.2B in your affiliate.
- Consider setting up barbells outside of but parallel to each running lane and away from the pull-up bars, where barbells will go for the workout, and where extra weights for loading barbells will go.
- Use time-capped warm-ups to allow athletes of different abilities to move independently.
- During the whiteboard brief, review the movement standards and logistical flow for athletes and judges before demoing the general warm-up movements.
- Judges and friends can assist athletes in loading the thruster.
- Athletes should start with specific movement prep in the general warm-up and then increase loading and intensity in the specific warm-up.

### OTHER CONSIDERATIONS

Whiteboard Brief: 0-3  
 General: 3-8  
 Specific: 8-15  
 Break: 15-17  
 Heat 1: 17-37  
 Transition: 37-40  
 Heat 2: 40-60  
 Cooldown: 60-62

**Single-heat option:** If you are only running a single heat of this workout, then cut the total workout time to 20:00 and double the time spent on the general and specific warm-ups.

## WHITEBOARD BRIEF ESTIMATED TIME = 3:00

**Target 23.2A** | 60+ reps

**Target 23.2B** | 3+ attempts to find a 1-rep-max thruster

- 23.2 introduces two new movements to the CrossFit Games Open: the burpee pull-up and the shuttle run.
- For a two-heat class, athletes will need to keep moving on their own as they progress up to an opening thruster weight in 23.2B.
- Remember that 1 shuttle run rep = 25 ft out and 25 ft back. The shuttle run reps do not change across rounds.
- The burpee pull-ups increase by 5 reps each round. Round 1 = 5 burpee pull-ups, Round 2 = 10 burpee pull-ups, Round 3 = 15 burpee pull-ups, and so on.
- The shuttle run and burpee combo is very taxing on the hips and low back; the less time you can spend in the shuttle run turnaround, the better.
- Immediately after the conclusion of 23.A (15 minutes), a 5-minute timer begins for 23.2B. Athletes have 5 minutes to complete their best 1-rep-max thruster. Athletes may make as many thruster attempts within the 5-minute time cap and may have assistance loading the barbell between attempts.
- Your score for 23.2A is reps, and your score for 23.2B is the heaviest successful lift.
- Barbells may start pre-loaded to any weight.
- (Finish the whiteboard brief by demoing 1 rep of the shuttle run, a burpee pull-up, and a thruster.)

### DEMO VIDEOS

THRUSTER

BURPEE PULL-UP VARIATIONS

SCORPION STRETCH

LYING HIP CROSSOVER

## GENERAL WARM-UP ESTIMATED TIME = 5:00

### AT A GLANCE

- ✓ Equipment: barbell, pull-up bar
- ✓ Demo each warm-up movement and allow athletes to move independently.
- ✓ Athletes need to move at a quick warm-up pace that prepares them for full range of motion and loading in the specific warm-up.
- ✓ Focus on helping athletes meet the shuttle-run standard. Focus on helping athletes improve rack position during the thruster.
- ✓ During the general warm-up, start measuring athletes for the burpee pull-up and burpee standards.

### DEMO MOVEMENTS | 1:00

- Demo the barbell thruster, shuttle run, and jumps to a pull-up bar.
- Athletes should jump to the bar they will use for the burpee pull-ups or burpees in the workout.

### SPECIFIC MOVEMENT PREP | 4:00

- Athletes keep cycling through rounds for 4:00.

#### On a 4:00 clock:

1 shuttle run  
 5 light barbell thrusters (athletes can add weight as desired)  
 5 jumps to a pull-up bar

## SPECIFIC WARM-UP ESTIMATED TIME = 7:00

### AT A GLANCE

- ✓ Equipment: barbell, bumper plates, pull-up bar.
- ✓ Consider having athletes alternate reps with a partner as they work up to their first and second thruster attempts for 23.2B.
- ✓ All athletes should perform the mini-round regardless of which heat they are going in.
- ✓ Between sets of thrusters and during the pre-workout break, start measuring athletes for the burpee pull-up and burpee standards.
- ✓ Make sure you set up thruster bars, weights, extra weights, and any lifting equipment outside the running lanes and away from the pull-up bars for 23.2A.

### THRUSTER LOADING | 5:00

- Demo the thruster from the floor as a power clean + a thruster or a squat clean thruster. Remind athletes that they cannot jerk the weight overhead.
- Athletes can leave the bar pre-loaded for their first thruster attempt.

**5-7 sets x 1 thruster building up to the first two attempts for 23.2B**

### MINI-ROUND AND LOGISTICS CHECK | 2:00

- Make sure that the thruster barbells are set up so athletes will not run into them during 23.2A. Also, ensure that athletes will not be lifting with any barbells, other lifters, or equipment behind them during 23.2B.

#### 1 set:

- 2 burpee pull-ups
- 2 shuttle runs (1-rep = 50 ft)

## BREAK ESTIMATED TIME = 2:00

## WORKOUT ESTIMATED TIME = 43:00

### AT A GLANCE

- ✓ Heat 1 = 20:00, Transition = 3:00, Heat 2 = 20:00.
- ✓ Don't ignore poor mechanics just because it's the Open!
- ✓ Pay close attention to the shuttle-run standard: At each turnaround, both feet and one hand must touch the ground over the line before the athlete returns.
- ✓ Encourage athletes to make quick turns on the shuttle runs.
- ✓ During the thruster, ensure athletes are not lifting weights under their bars or behind them.
- ✓ The thruster must be completed in fluid motion; a jerk is not allowed.

### LOOK FOR

#### Burpee pull-up

- 1) Struggling with the pull-up.
- 2) Resting too long between reps.
- 3) Struggling to find the bar overhead.

#### Shuttle run

- 1) Slow turnarounds.

#### Thruster

- 1) Elbows hitting the knees.
- 2) Losing the weight forward.
- 3) Not hitting depth.

### CUES

#### Burpee pull-up

- 1) Pause at the top of the burpee and perform an aggressive jump into the pull-up.
- 2) Use a step back and step up into and out of the burpee to keep moving.
- 3) Have athletes mark where their hands are directly below the pull-up bar.

#### Shuttle run

- 1) Start the turnaround just before getting to the line and turn the head and shoulders quickly.

#### Thruster

- 1) Pull the elbows up before squatting.
- 2) Sit the hips back and pull the toes up at the bottom of the squat.
- 3) Drive the knees out and push the hips back slightly.

# COOLDOWN

ESTIMATED TIME = 2:00

## AT A GLANCE

- ✓ There isn't much separate cool-down time allotted for 23.2.
- ✓ Check in on athletes briefly and instruct them to clean up and stretch independently. Ensure everyone is healthy and able to recover appropriately before leaving the gym.
- ✓ Allow athletes to clean up and cool down off to the side of class, so you can start the next class on time.

## REST AND STRETCHING

- Athletes should take about 4:00-5:00 to return to neutral before heading out the door to leave.
- Athletes can stretch with a partner (perhaps the person they judged).

### 1 set:

1:00 alternating scorpion stretch

1:00 lying hip crossover

**CROSSFIT GAMES OPEN**

# **TEST 23.2A & 23.2B**

**SINGLE-HEAT CLASS PLAN**

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# 23.2A & 23.2B

// TIME PRIORITY AND HEAVY

TIME | 14:00    LOADING | 3/5    SKILL | 5/5    VOLUME | 3/5

## RX

Complete as many reps as possible in 15 minutes of:  
5 burpee pull-ups  
10 shuttle runs (1 rep=50 ft)  
- Add 5 burpee pull-ups after each round.

Immediately followed by 23.2B  
5 minutes to establish:  
1-rep-max thruster (from the floor)

## INTERMEDIATE

(Scaled Option)  
Complete as many reps as possible in 15 minutes of:  
5 burpees  
10 shuttle runs (1 rep=50 ft)  
- Add 5 burpees after each round.

Immediately followed by 23.2B  
5 minutes to establish:  
1-rep-max thruster (from the floor)

## BEGINNER

(Foundations Option)  
Complete as many reps as possible in 15 minutes of:  
5 burpees  
10 shuttle runs (1 rep=50 ft)  
- Add 5 burpees after each round.

Immediately followed by 23.2B  
5 minutes to establish:  
1-rep-max thruster (from the floor)

## SKILL WORK

Rest, celebrate, stretch, and recover!

## GOALS

### INTENDED STIMULUS

- ✓ Add 5 burpee pull-ups to the burpee pull-ups after each round. For example: Round 1 = 5 burpee pull-ups and 10 shuttle runs, Round 2 = 10 burpee pull-ups and 10 shuttle runs, and so on.
- ✓ Choose a variation that allows you to get well beyond the round of 15 burpee pull-ups (burpees if scaling).
- ✓ Advanced athletes should aim to finish the round of 25 burpee pull-ups.
- ✓ Warm up to your first two planned weights for 23.2B before starting this workout.
- ✓ Set up a burpee pull-up station that minimizes how high you need to jump, but make sure to adhere to the official movement standards from [games.crossfit.com](https://games.crossfit.com).
- ✓ Maintain a consistent but quick pace throughout 23.2A. Avoid pushing to failure or long rests in the first few rounds.

### COACHING GOALS

- ✓ This plan covers a single-heat option for 23.2. If you are running two heats, review the logistics section of this plan and see the two-heat plan at <https://games.crossfit.com/affiliate-resources>.
- ✓ For the official movement standards as well as specific information for each division, download the official 23.2 scorecard from Games.CrossFit.com.
- ✓ Focus on ensuring that athletes have clear running paths during 23.2A.
- ✓ Focus on ensuring that athletes have safe spaces to perform the thruster. Lifting space should be clear of weights and equipment underneath or behind the athletes. Make sure athletes can drop/bail weight safely.
- ✓ The burpee pull-up has different standard requirements for the Scaled and Foundations options. Make sure to review these at [games.crossfit.com](https://games.crossfit.com).

▶ WATCH DAILY VIDEO

## SCALING

### OVERVIEW

- Most athletes should use a variation of the workout to get beyond the round of 15 burpee pull-ups/burpees.
- Athletes should try to use the lowest pull-up bar height allowed by the standards outlined at [games.crossfit.com](https://games.crossfit.com).
- Prioritize maintaining knees out, heels down, and neutral lumbar curve during the thruster. Adjust the loading accordingly to ensure athletes maintain these points of performance as they increase weight.
- More information about scaling and the adaptive variations of these workouts can be found at <https://games.crossfit.com/workouts/open/2023>.

### MOVEMENT SCALING OPTIONS

**Burpee pull-ups** | Burpee to a target, burpees.

**Shuttle runs** | Walk as needed.

**1-rep-max thruster** | Prioritize movement quality over the loading.

# LOGISTICS

## LIMITATIONS

- This class plan covers a single-heat class for running 23.2A and 23.2B in your affiliate.
- Consider setting up barbells outside of but parallel to each running lane and away from the pull-up bars, where barbells will go for the workout, and where extra weights for loading barbells will go.
- Use time-capped general warm-ups to allow athletes of different abilities to move independently.
- During the whiteboard brief, review the movement standards and logistical flow for athletes and judges before demoing the general warm-up movements.
- Judges and friends can assist athletes in loading the thruster.
- Athletes should start with specific movement prep in the general warm-up and then increase loading and intensity in the specific warm-up.
- Have athletes measure their burpee standards at the start of the specific warm-up.

## OTHER CONSIDERATIONS

Whiteboard Brief: 0-4  
 General: 4-14  
 Specific: 14-31  
 Break: 31-34  
 Workout: 34-54  
 Cooldown: 54-60

# WHITEBOARD BRIEF ESTIMATED TIME = 4:00

**Target 23.2A** | 60+ reps

**Target 23.2B** | 3+ attempts to find a 1-rep-max thruster

- 23.2 introduces two new movements to the CrossFit Games Open: the burpee pull-up and the shuttle run.
- Remember that 1 shuttle-run rep = 25 ft out and 25 ft back. The shuttle-run reps do not change across rounds.
- The burpee pull-ups increase by 5 reps each round. Round 1 = 5 burpee pull-ups, Round 2 = 10 burpee pull-ups, Round 3 = 15 burpee pull-ups, and so on.
- The shuttle run and burpee combo is very taxing on the hips and low back; the less time you can spend in the shuttle-run turnaround, the better.
- Immediately after the conclusion of 23.A (15 minutes), a 5-minute timer begins for 23.2B. Athletes have 5 minutes to complete their best 1-rep-max thruster. Athletes may make as many thruster attempts within the 5-minute time cap and may have assistance loading the barbell between attempts.
- Your score for 23.2A is reps, and your score for 23.2B is the heaviest successful lift.
- Barbells may start pre-loaded to any weight.
- (Finish the whiteboard brief by demoing 1 rep of the shuttle run, a burpee pull-up, and a thruster.)

## DEMO VIDEOS

THRUSTER

BURPEE PULL-UP VARIATIONS

SCORPION STRETCH

LYING HIP CROSSOVER

# GENERAL WARM-UP ESTIMATED TIME = 10:00

## AT A GLANCE

- ✓ Equipment: barbell, pull-up bar
- ✓ Demo each warm-up movement and allow athletes to move independently.
- ✓ Focus on helping athletes meet the shuttle-run standard. Focus on helping athletes improve rack position during the thruster.

## DEMO MOVEMENTS | 3:00

- Demo the barbell thruster, mountain climbers, and jumps to a pull-up bar.
- Athletes should jump to the bar they will use for the burpee pull-ups or burpees in the workout.

## SPECIFIC MOVEMENT PREP | 6:00

- Athletes keep cycling through rounds for 6:00.

### On a 6:00 clock:

10 alternating lunges  
 5 shoulder presses  
 10 mountain climbers  
 5 light barbell thrusters (athletes can add weight as desired)  
 5 jumps to a pull-up bar



## SPECIFIC WARM-UP ESTIMATED TIME = 17:00

### AT A GLANCE

- ✓ Equipment: barbell, bumper plates, pull-up bar.
- ✓ Review the burpee standards and measure athletes for the burpee standards as they warm up for their thrusters.
- ✓ Athletes should warm up to their opening and second-attempt weights for 23.2B.
- ✓ Make sure you set up thruster bars, weights, extra weights, and any lifting equipment outside the running lanes and away from the pull-up bars for 23.2A.

### BURPEE PULL-UP, BURPEE REVIEW | 2:00

- Demo the burpee pull-up and the burpee measurement standard.
- Athletes work with their judges to establish an appropriate pull-up bar for them to use for 23.2A.

### THRUSTER REVIEW AND LOADING | 10:00

- Demo the thruster from the floor as a power clean + a thruster or a squat clean thruster. Remind athletes that they cannot jerk the weight overhead.
- Athletes can leave the bar pre-loaded for their first thruster attempt.

### 10 sets x 1 thruster building up to the first two attempts for 23.2B

### MINI-ROUND AND LOGISTICS CHECK | 5:00

- Make sure that the thruster barbells are set up so athletes will not run into them during 23.2A. Also, ensure that athletes will not be lifting with any barbells, other lifters, or equipment behind them during 23.2B.

#### 1 set:

- 2 burpee pull-ups
- 2 shuttle runs (1-rep = 50 ft)

## BREAK ESTIMATED TIME = 3:00

## WORKOUT ESTIMATED TIME = 20:00

### AT A GLANCE

- ✓ Don't ignore poor mechanics just because it's the Open!
- ✓ Pay close attention to the shuttle-run standard: At each turnaround, both feet and one hand must touch the ground over the line before the athlete returns.
- ✓ Encourage athletes to make quick turns on the shuttle runs.
- ✓ During the thruster, ensure athletes are not lifting weights under their bars or behind them.
- ✓ The thruster must be completed in fluid motion; a jerk is not allowed.

### LOOK FOR

#### Burpee pull-up

- 1) Struggling with the pull-up.
- 2) Resting too long between reps.
- 3) Struggling to find the bar overhead.

#### Shuttle run

- 1) Slow turnarounds.

#### Thruster

- 1) Elbows hitting the knees.
- 2) Losing the weight forward.
- 3) Not hitting depth.

### CUES

#### Burpee pull-up

- 1) Pause at the top of the burpee and perform an aggressive jump into the pull-up.
- 2) Use a step back and step up into and out of the burpee to keep moving.
- 3) Have athletes mark where their hands are directly below the pull-up bar.

#### Shuttle run

- 1) Start the turnaround just before getting to the line and turn the head and shoulders quickly.

#### Thruster

- 1) Pull the elbows up before squatting.
- 2) Sit the hips back and pull the toes up at the bottom of the squat.
- 3) Drive the knees out and push the hips back slightly.

# COOLDOWN

ESTIMATED TIME = 6:00

## AT A GLANCE

- ✓ 6:00 to allow athletes to recover and slowly clean up the barbell and weights.
- ✓ Make sure you check in on each athlete before they head out to the door to leave.
- ✓ As athletes clean up, write the stretching on the whiteboard or demo it so athletes can cool down.

## REST AND STRETCHING

- Give athletes all remaining time to rest and slowly clean up equipment.
- After allowing athletes to rest, clean up, and record scores, review the stretching and allow them to stretch independently before leaving.

### 2 sets:

:30 couch stretch/side

:30 doorway pec stretch/side