

NOBULL
CrossFit
OPEN
2022

Equipment Checklist for Adaptive Athletes

DUMBBELLS

- Weights vary by division*

BARBELL

- One 45/35-lb barbell*

BUMPER PLATES

- Standard bumper plates and collars*

PLYO BOX

- 24/20-inch box with at least 15x15-inch top surface*

PULL-UP BAR

- Pull-up bar that allows for all common hanging movements and kipping*

JUMP ROPE

- One jump rope (some divisions)*

WALL SPACE

- Open wall space*

RINGS

- One set of rings (some divisions)*