

NOBULL
CrossFit
OPEN
2022

Equipment Checklist for Rx'd and Scaled Athletes

DUMBBELL(S)

- Rx'd: One 50/35-lb dumbbell*
- Scaled: One 35/20-lb dumbbell*
- Scaled: One 20/10-lb dumbbell (ages 14-15 and 55+)*

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*

WALL SPACE

- Open wall space*