

CROSSFIT GAMES OPEN

TEST 23.3

TWO-HEATS

23.3

// TASK PRIORITY

TIME | 12:00 LOADING | 5/5 SKILL | 5/5 VOLUME | 4/5

RX

Starting with a 6-minute time cap, complete as many reps as possible of:

5 wall walks
50 double-unders
15 snatches (65/95 lb)
5 wall walks
50 double-unders
12 snatches (95/135 lb)

If completed before the 6-minute time cap, add 3 minutes to the time cap and complete:

20 strict handstand push-ups
50 double-unders
9 snatches (125/185 lb)

If completed before the 9-minute time cap, add 3 minutes to the time cap and complete:

20 strict handstand push-ups
50 double-unders
6 snatches (155/225 lb)

INTERMEDIATE

(Scaled Option)

Starting with a 6-minute time cap, complete as many reps as possible of:

5 scaled wall walks
50 single-unders
15 snatches (45/65 lb)
5 scaled wall walks
50 single-unders
12 snatches (65/95 lb)

If completed before the 6-minute time cap, add 3 minutes to the time cap and complete:

20 hand-release push-ups
50 single-unders
9 snatches (75/115 lb)

If completed before the 9-minute cap, add 3 minutes to the time cap and complete:

20 hand-release push-ups
50 single-unders
6 snatches (85/135 lb)

BEGINNER

(Foundations Option)

Starting with a 6-minute time cap, complete as many reps as possible of:

5 bear crawls
50 jumping jacks
15 snatches (35/45 lb)
5 bear crawls
55 jumping jacks
12 snatches (35/45 lb)

If completed before the 6-minute time cap, add 3 minutes to the time cap and complete:

5 bear crawls
60 jumping jacks
9 snatches (35/45 lb)

If completed before the 9-minute cap, add 3 minutes to the time cap and complete:

5 bear crawls
65 jumping jacks
6 snatches (35/45 lb)

SKILL WORK

Rest, stretch, recover, and celebrate!

▶ WATCH DAILY VIDEO

GOALS

INTENDED STIMULUS

- ✓ Most athletes should enter the third round with 125/185-lb snatches.
- ✓ Advanced athletes should aim to finish the workout or multiple snatches at 225.
- ✓ Overall, this heavy, high-skill workout heavily fatigues the shoulders. Consider using a power snatch for as long as possible and breaking movements up to avoid rep failure.
- ✓ Have a plan to break the snatches into descending rep schemes for the first two barbells, then into quick singles on the moderate-to-heavy barbells.
- ✓ New athletes should consider the beginner scaling option and increase weight only if their technique is sound.
- ✓ If you are submitting an official score, remember to adhere to the official movement standards from games.crossfit.com.

COACHING GOALS

- ✓ This plan covers a two-heat option for 23.3. 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>.
- ✓ Build the scaling options into the warm-up as progression steps. For example, build up to the handstand push-up by progressing through the bear crawl, hand release push-up, scaled wall walk, wall walk, and then the handstand push-up.
- ✓ Make sure to help all athletes warm up and set goals for which snatch weight they can complete.
- ✓ Demo how to bail out of a failed snatch attempt.
- ✓ Review official movement standards at games.crossfit.com.

SCALING

OVERVIEW

- Unless athletes are set on performing the workout Rx'd, help them choose an option to get well into the third round of snatches.
- If you have athletes performing the beginner version of the workout, you must measure a 5-foot length for the bear crawls.
- For today's workout, all scaling options will be built into the general and specific warm-ups. Make sure to point out the scaling options as you cover them.
- 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

Wall walks | scaled wall walks, 5-ft bear crawls

Double-unders | single-unders, jumping jacks

Snatches | reduce loading

Strict handstand push-ups | hand-release push-ups, bear crawls

LOGISTICS

LIMITATIONS

- This class plan covers a two-heat option for running 23.3. 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>.
- Measure out the tape lines for the handstand push-ups, bear crawls, and wall walks.
- Be sure athletes have adequate space to complete all movements safely. Clear the area of all extra equipment, people, or other obstructions.
- If Heat 1 ends before the 12-minute mark because athletes complete the workout or can no longer progress, use that extra time to help Heat 2 finish warming up.
- Judges and coaches can help athletes change their barbell weights.

OTHER CONSIDERATIONS

Whiteboard Brief: 0-4

General: 4-10

Specific: 10-28

Break: 28-30

Workout Heat 1: 30-42

Break: 42-46

Workout Heat 2: 46-58

Cooldown: 58-60

Pounds - Kilograms

35 lb - 15 kg

45 lb - 20 kg

55 lb - 25 kg

65 lb - 29 kg

75 lb - 38 kg

95 lb - 43 kg

115 lb - 52 kg

125 lb - 56 kg

135 lb - 61 kg

155 lb - 70 kg

185 lb - 83 kg

225 lb - 102 kg

WHITEBOARD BRIEF ESTIMATED TIME = 4:00

Target | 137+ reps

Advanced Target | 246+ reps to completion

- This is the final week of the 2023 NOBULL CrossFit Games Open! 23.3 is a challenging mix of high-skill movements that induce significant shoulder fatigue.
- Consider using power snatches for as long as possible without failing a rep. Only resort to a squat snatch if you need to make the designated weight.
- Descending rep schemes for 15 snatches (e.g., 6-5-4) and fast singles on the remaining bars will help you keep moving while conserving energy.
- Heat 2 athletes should continue to stay warm with light snatches and some single-unders as Heat 1 executes the workout.
- Heat 1 athletes can clean up and perform the stretching as they cheer on Heat 2 athletes!

DEMO VIDEOS

SNATCH PROGRESSION

SNATCH

POWER SNATCH

SNATCH CYCLING

WALL WALK

BEAR CRAWLS

JUMPING JACKS

STRICT HSPU FAULTS

DOORWAY PEC STRETCH

GENERAL WARM-UP ESTIMATED TIME = 6:00

AT A GLANCE

- ✓ Equipment: jump rope, PVC or barbell
- ✓ Demo the jumping jack, bear crawl, muscle snatch, overhead lunge, lateral hop over PVC, and the single-under.
- ✓ If possible, write the warm-up on the board and allow athletes to move through the warm-up on their own.
- ✓ Focus on keeping the hips higher than the shoulders in the bear crawl.
- ✓ Focus on keeping the arms locked out and over the middle of the body in the overhead lunge.
- ✓ Focus on helping athletes improve their setup in the muscle snatch: heels down, lumbar arch, shoulders slightly in front of the barbell.

GENERAL MOVEMENT PREP | 6:00

- Athletes keep cycling through rounds for 5 minutes.
- Progress intermediate and advanced athletes to a wall walk after 1-2 rounds.

On a 5-minute clock:

- 5 jumping jacks
- 10' bear crawl // 1 wall walk
- 5 muscle snatches
- 10 overhead alternating lunges
- 5 lateral hop over PVC // 15 single-unders

SPECIFIC WARM-UP ESTIMATED TIME = 18:00

AT A GLANCE

- ✓ Equipment: plates, barbell, wall, jump rope.
- ✓ Review the hand-release push-up, wall walk, handstand, and handstand push-up.
- ✓ Demo how to properly bail out of a failed snatch attempt.
- ✓ Demo the hang power snatch, overhead squat, hang squat snatch, and squat snatch.
- ✓ Give athletes as much time as possible to build to and practice their workout snatch weights.

HANDSTAND WARM-UP | 5:00

- Athletes who cannot progress to a more difficult movement, e.g., from the wall walk to the strict handstand push-up, should continue to work on the movement they will use in the workout.

1 set, coach-led:

Progression // Focus

- 5 hand-release push-ups // Lift hands clearly off the ground.
- 2 scaled wall walks // At the start and finish of each rep, both hands must be in front of the tape line.
- 1 wall walk // Both feet must be on the wall before the hands can move off of the tape.
- 5 strict handstand push-ups // Make sure some parts of your hands are touching the tape line.

SNATCH REVIEW AND LOADING | 10:00

- Lead athletes through 1 set of the movements below and then allow them to move on their own through the second set.
- Focus on teaching them how to cycle reps and hit the range-of-motion standards.

2 sets:

- 3 hang power snatches
- 3 overhead squats
- 3 hang squat snatches
- 3 snatches

Loading: Athletes build up and practice 3-7 reps at each weight they expect to reach in the workout.

LOGISTICS CHECK | 2:00

- Have athletes move from the wall walk to the snatch and then to the jump-rope stations.
- Ensure lifting areas are free from stray equipment, plates, and other obstacles.

BREAK ESTIMATED TIME = 2:00**WORKOUT** ESTIMATED TIME = 28:00**AT A GLANCE**

- ✓ Coach athletes to rest before they fail a rep.
- ✓ Coach athletes to use quicker singles on the snatches once they pass the first barbell (65/95 lb).
- ✓ Ensure athletes adhere to the wall-walk standards and where to place their hands and feet relative to one another.
- ✓ You can help athletes change their barbell weights. Make sure their lifting areas are clear of extra equipment so they can drop their bars and lift safely.

LOOK FOR**Wall walks**

- 1) Feet falling off the wall.
- 2) Struggling with shoulder fatigue.

Double-unders

- 1) Catching the rope in front.

Snatches

- 1) Losing the lift out front.
- 2) Bar too far away from the body.
- 3) Lack of hip extension.

Strict handstand push-ups

- 1) Falling off the wall.
- 2) Low-back hyperextension.

CUES**Wall walks**

- 1) Press the hands into the ground hard and take big steps with the feet up and down the wall; avoid sliding!
- 2) Start with a push-up off the knees and then step the feet on the wall before moving the hands.

Double-unders

- 1) Keep the elbows in close to the body and jump up as soon as your feet touch the ground.

Snatches

- 1) Punch the bar up and hard and pull back slightly before standing up.
- 2) Squeeze the bar against the shins and thighs.
- 3) Jump taller and harder before landing in a squat.

Strict handstand push-ups

- 1) Move the hands further away from the wall and make sure your head is closer to the wall than your hands.
- 2) Clench your glutes and squeeze your abs at the top and bottom of the rep.

COOLDOWN ESTIMATED TIME = 2:00**AT A GLANCE**

- ✓ Write the stretching on the board and encourage all athletes to stretch before they leave.
- ✓ Heat 1 athletes can start the stretching after they finish and finish cleaning up.
- ✓ Heat 2 athletes should stretch and cool down for a few extra minutes at the end of this class and even a few minutes into the beginning of the next class.

STRETCHING

- Athletes can perform the same stretch on the floor if they do not have space for the elevated pigeon stretch.

Accumulate:

- 1-minute couch stretch/leg
- 30-second elevated pigeon stretch/leg
- 30-second doorway pec stretch/arm

CROSSFIT GAMES OPEN

TEST 23.3

SINGLE HEAT



23.3

// TASK PRIORITY

TIME | 12:00 LOADING | 5/5 SKILL | 5/5 VOLUME | 4/5

RX

Starting with a 6-minute time cap, complete as many reps as possible of:

5 wall walks
50 double-unders
15 snatches (65/95 lb)
5 wall walks
50 double-unders
12 snatches (95/135 lb)

If completed before the 6-minute time cap, add 3 minutes to the time cap and complete:

20 strict handstand push-ups
50 double-unders
9 snatches (125/185 lb)

If completed before the 9-minute time cap, add 3 minutes to the time cap and complete:

20 strict handstand push-ups
50 double-unders
6 snatches (155/225 lb)

INTERMEDIATE

(Scaled Option)

Starting with a 6-minute time cap, complete as many reps as possible of:

5 scaled wall walks
50 single-unders
15 snatches (45/65 lb)
5 scaled wall walks
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12 snatches (65/95 lb)

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9 snatches (75/115 lb)

If completed before the 9-minute cap, add 3 minutes to the time cap and complete:

20 hand-release push-ups
50 single-unders
6 snatches (85/135 lb)

BEGINNER

(Foundations Option)

Starting with a 6-minute time cap, complete as many reps as possible of:

5 bear crawls
50 jumping jacks
15 snatches (35/45 lb)
5 bear crawls
55 jumping jacks
12 snatches (35/45 lb)

If completed before the 6-minute time cap, add 3 minutes to the time cap and complete:

5 bear crawls
60 jumping jacks
9 snatches (35/45 lb)

If completed before the 9-minute cap, add 3 minutes to the time cap and complete:

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65 jumping jacks
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SKILL WORK

Rest, stretch, recover, and celebrate!

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GOALS**INTENDED STIMULUS**

- ✓ Most athletes should enter the third round with 125/185-lb snatches.
- ✓ Advanced athletes should aim to finish the workout or multiple snatches at 225.
- ✓ Overall, this heavy, high-skill workout heavily fatigues the shoulders. Consider using a power snatch for as long as possible and breaking movements up to avoid rep failure.
- ✓ Have a plan to break the snatches into descending rep schemes for the first two barbells, then into quick singles on the moderate to heavy barbells.
- ✓ New athletes should consider the beginner scaling option and increase weight only if their technique is sound.
- ✓ If you are submitting an official score, remember to adhere to the official movement standards from games.crossfit.com.

COACHING GOALS

- ✓ This plan covers a single-heat option for 23.3. If you are running two heats, review the logistics section of this plan and see the two-heat plan from <https://games.crossfit.com/affiliate-resources>.
- ✓ Build the scaling options into the warm-up as progression steps. For example, build up to the handstand push-up by progressing through the bear crawl, hand-release push-up, scaled wall walk, wall walk, and then the handstand push-up.
- ✓ Make sure to help all athletes warm up and set goals for which snatch weight they can complete.
- ✓ Demo how to bail out of a failed snatch attempt.
- ✓ Review official movement standards at games.crossfit.com.

SCALING

OVERVIEW

- Unless athletes are set on performing the workout Rx'd, help them choose an option to get well into the third round of snatches.
- If you have athletes performing the beginner version of the workout, you must measure a 5-foot length for the bear crawls.
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MOVEMENT SCALING OPTIONS

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Double-unders | single-unders, jumping jacks

Snatches | reduce loading

Strict handstand push-ups | hand-release push-ups, bear crawls

LOGISTICS

LIMITATIONS

- This class plan covers a single-heat option for running 23.3. If you are running two heats, review the logistics section of this plan and see the two-heat plan from <https://games.crossfit.com/affiliate-resources>.
- Measure out the tape lines for the handstand push-up, bear crawl, and wall walks.
- Be sure athletes have adequate space to complete all movements safely. Clear the area of all extra equipment, people, or other obstructions.
- Judges and coaches can help athletes change their barbell weights.

OTHER CONSIDERATIONS

Whiteboard Brief: 0-4

General: 4-12

Specific: 12-35

Break: 35-38

Workout: 38-50

Cooldown: 50-60

Pounds - Kilograms

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55 lb - 25 kg

65 lb - 29 kg

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WHITEBOARD BRIEF ESTIMATED TIME = 4:00

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- Descending rep schemes for 15 snatches (e.g., 6-5-4) and fast singles on the remaining bars will help you keep moving while conserving energy.
- Heat 2 athletes should continue to stay warm with light snatches and some single-unders as Heat 1 executes the workout.
- Heat 1 athletes can clean up and perform the stretching as they cheer on Heat 2 athletes!

DEMO VIDEOS

SNATCH PROGRESSION

SNATCH

POWER SNATCH

SNATCH CYCLING

WALL WALK

BEAR CRAWLS

JUMPING JACKS

STRICT HSPU FAULTS

DOORWAY PEC STRETCH

GENERAL WARM-UP ESTIMATED TIME = 11:00

AT A GLANCE

- ✓ Equipment: jump rope, PVC or barbell
- ✓ Demo the jumping jack, bear crawl, muscle snatch, overhead lunge, lateral hop over PVC, and the single-under.
- ✓ If possible, write the warm-up on the board and allow athletes to move through the warm-up on their own.
- ✓ Focus on keeping the hips higher than the shoulders in the bear crawl.
- ✓ Focus on keeping the arms locked out and over the middle of the body in the overhead lunge.
- ✓ Focus on helping athletes improve their setup in the muscle snatch: heels down, lumbar arch, shoulders slightly in front of the barbell.

GENERAL MOVEMENT PREP | 6:00

- Athletes keep cycling through rounds for 5 minutes.
- Progress intermediate and advanced athletes to a wall walk after 1-2 rounds.

On a 5-minute clock:

5 jumping jacks
 10' bear crawl // 1 wall walk
 5 muscle snatches
 10 overhead alternating lunges
 5 lateral hop over PVC // 15 single-under

BEAR CRAWL AND WALL-WALK STANDARDS REVIEW | 5:00

- Demo the bear crawl with hips higher than the shoulders.

1 set x :30 of bear crawls

- Demo the scaled wall walk, a partial wall walk (halfway up wall), and a wall walk.
- Focus on teaching athletes to get their hands back to the tape or (pass the tape for scaled) before bringing their feet to the floor.

:30 x scaled wall walks

Rest

:30 x partial wall walk

Rest

:30 x wall walks

SPECIFIC WARM-UP ESTIMATED TIME = 22:00

AT A GLANCE

- ✓ Equipment: plates, barbell, wall, jump rope.
- ✓ Review the hand release push-up, wall walk, handstand, and handstand push-up
- ✓ Demo how to properly bail out of a failed snatch attempt.
- ✓ Demo the hang power snatch, overhead squat, hang squat snatch, and squat snatch.
- ✓ Give athletes as much time as possible to build to and practice their workout snatching weights.

HANDSTAND WARM-UP | 4:00

- Athletes who cannot progress to a more complex movement, e.g., from the wall walk to the strict handstand push-up, should continue to work on the movement they will use in the workout.

1 set, coach-led:

Progression // Focus

5 hand-release push-ups // Lift hands clearly off the ground.
 2 scaled wall walks // At the start and finish of each rep, both hands must be in front of the tape line.
 1 wall walk // Both feet must be on the wall before the hands can move off of the tape.
 5 strict handstand push-ups // Make sure some parts of your hands are touching the tape line.

SNATCH REVIEW | 8:00

- Lead athletes through 2 sets of the movements below and then allow them to move independently through the third set.
- Focus on teaching them how to cycle reps and hit the range-of-motion standards.

3 sets of the following progression:

Progression // Focus

3 hang power snatches // Jump to extend hips and knees before landing.
 3 overhead squats // Keep the arms straight throughout the full squat.
 3 hang squat snatches // Jump to extend hips and knees and move the feet before landing.
 3 snatches

LOADING AND MOVEMENT PREP | 10:00

Loading: Athletes build up and practice 3-7 reps at each weight they expect to reach in the workout.

LOGISTICS CHECK | 2:00

- Have athletes move from the wall walk to the snatch and then to the jump-rope stations.
- Ensure lifting areas are free from stray equipment, plates, and other obstacles.

BREAK ESTIMATED TIME = 3:00**WORKOUT** ESTIMATED TIME = 12:00**AT A GLANCE**

- ✓ Coach athletes to rest before they fail a rep.
- ✓ Coach athletes to use quicker singles on the snatches once they pass the first barbell (65/95 lb).
- ✓ Ensure athletes adhere to the wall-walk standards and where to place their hands and feet relative to one another.
- ✓ You can help athletes change their barbell weights. Make sure their lifting areas are clear of extra equipment so they can drop their bars and lift safely.

LOOK FOR**Wall walks**

- 1) Feet falling off the wall.
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Double-unders

- 1) Catching the rope in front.

Snatches

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- 2) Bar too far away from the body.
- 3) Lack of hip extension.

Strict handstand push-ups

- 1) Falling off the wall.
- 2) Low-back hyperextension.

CUES**Wall walks**

- 1) Press the hands into the ground hard and take big steps with the feet up and down the wall; avoid sliding!
- 2) Start with a push-up off the knees and then step the feet on the wall before moving the hands.

Double-unders

- 1) Keep the elbows in close to the body and jump up as soon as your feet touch the ground.

Snatches

- 1) Punch the bar up and hard and pull back slightly before standing up.
- 2) Squeeze the bar against the shins and thighs.
- 3) Jump taller and harder before landing in a squat.

Strict handstand push-ups

- 1) Move the hands further away from the wall and make sure your head is closer to the wall than your hands.
- 2) Clench your glutes and squeeze your abs at the top and bottom of the rep.

COOLDOWN ESTIMATED TIME = 8:00**AT A GLANCE**

- ✓ Write the stretching on the board and encourage all athletes to stretch before they leave.
- ✓ Athletes can perform the same stretch on the floor if they need more space for the elevated pigeon stretch.

STRETCHING**Accumulate:**

- 1-minute couch stretch/leg
- 30-second elevated pigeon stretch/leg
- 30-second doorway pec stretch/arm