

## 24.3:

All for time:

5 rounds of:

10 thrusters, weight 1

10 chest-to-bar pull-ups

Rest 1 minute, then:

5 rounds of:

7 thrusters, weight 2

7 bar muscle-ups

**Time cap: 15 minutes**

♀ 65, 95 lb (29, 43 kg)

♂ 95, 135 lb (43, 61 kg)

## WORKOUT VARIATIONS

**Rx'd:** (Ages 16-54)

♀ 65 lb, 95 lb (29, 43 kg)

♂ 95 lb, 135 lb (43, 61 kg)

**Teenagers 14-15:**

♀ 45 lb, 65 lb (20, 29 kg)

♂ 65 lb, 95 lb (29, 43 kg)

**Masters 55+:**

♀ 45 lb, 65 lb (20, 29 kg);  
chin-over-bar, chest-to-bar  
pull-ups

♂ 65 lb, 95 lb (29, 43 kg);  
chin-over-bar, chest-to-bar  
pull-ups

**Scaled:** (Ages 16-54)

♀ 45 lb, 65 lb (20, 29 kg); jumping chest-  
to-bar, chin-over-bar pull-ups

♂ 65 lb, 95 lb (29, 43 kg); jumping chest-  
to-bar, chin-over-bar pull-ups

**Scaled Teenagers 14-15:**

♀ 35 lb, 55 lb (15, 25 kg); jumping chest-  
to-bar, chin-over-bar pull-ups

♂ 45 lb, 65 lb (20, 29 kg); jumping chest-  
to-bar, chin-over-bar pull-ups

**Scaled Masters 55+:**

♀ 35 lb, 55 lb (15, 25 kg); jumping chest-  
to-bar, chin-over-bar pull-ups

♂ 45 lb, 65 lb (20, 29 kg); jumping chest-  
to-bar, chin-over-bar pull-ups

## QUICK START

- Start under the pull-up bar.
- At "Go," move to the barbell and complete 10 thrusters at the lighter weight.
- Then complete 10 chest-to-bar pull-ups. Repeat this couplet for 5 rounds.
- After completing the final chest-to-bar pull-up in round 5, rest for no less than 1 minute.
- Return under the pull-up bar. After the 1-minute rest, move to the barbell.
- Complete 5 rounds of 7 thrusters at the heavier weight and 7 bar muscle-ups.
- Time stops at the completion of the last bar muscle-up.

## NOTES

- Start the timer at "Go." The timer **DOES NOT STOP** during the 1-minute rest.
- The barbell **MUST** be placed at least 5 feet away from the pull-up bar for safety.
- Athletes may have assistance changing the barbell load or two bars may be used.
- If time-capped, your score will be the total number of reps completed.
- A tiebreak time will be recorded after you complete 5 rounds of thrusters and chest-to-bar pull-ups. If you do not complete the workout before the time cap, this is your tiebreak time. The athlete who completed the first 5 rounds the fastest wins the tie.
- If the workout is completed before the time cap, there is no tiebreaker.

## EQUIPMENT

- Barbell, plates, collars.
- Pull-up bar.
  - Using tape on the pull-up bar **AND** gymnastics grips at the same time is **NOT** allowed.
- Tape, cones, or any other object should be used to indicate the barbell is placed 5 feet away from the pull-up bar.

Refer to APPENDIX D in the [2024 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.



## MOVEMENT STANDARDS

### THRUSTER

#### REQUIREMENTS



1



2

1. The crease of the hips must clearly pass below the top of the knees in the bottom position (below parallel).

2. The rep is credited when:

- Hips, knees, and arms are fully extended.
- The bar is directly over, or behind, the middle of the body when viewed from the side.

**NOTE:** Each round of thrusters begins with the barbell on the ground. A squat clean is allowed, but not required, to start a set.

#### COMMON NO REPS

**NOTE:** This list is not exhaustive.



- ✗ Squatting to parallel or above parallel (the hip crease is at or above the knee).



- ✗ Lowering the barbell before reaching full extension of the knees, hips, or arms.



- ✗ Finishing with the barbell in front of the body.

**NOTE:** Performing a front squat followed by any style of jerk (rebending the hips and/or legs) is **NOT** allowed.

## MOVEMENT STANDARDS

### CHEST-TO-BAR PULL-UP

#### REQUIREMENTS



1



2

1. Start each rep with arms fully extended and feet off the ground.
  - Any style of grip is permitted.
2. The rep is credited when the chest clearly contacts the bar at or below the collarbone.

**NOTE:** Any style of pull-up is permitted as long as the criteria above are met.

#### COMMON NO REPS

**NOTE:** This list is not exhaustive.



✗ Starting a rep without full extension of the arms.



✗ Making contact with the bar above the collarbone (neck or throat).



✗ Missing contact with the pull-up bar.

## MOVEMENT STANDARDS

### BAR MUSCLE-UP

#### REQUIREMENTS



1. Start each rep with arms fully extended and feet off the ground.
2. Pass through some portion of a dip before locking out over the bar.
3. The rep is credited when:
  - Arms are fully extended in the support position.
  - Shoulders are directly over, or slightly in front of, the bar when viewed from the side.

#### COMMON NO REPS

NOTE: This list is not exhaustive.



- ✗ Starting a rep without full extension of the arms.



- ✗ The feet rising above the pull-up bar during the kip.



- ✗ Any part of the arm (besides the hands) touching the bar during the rep.



- ✗ Lowering before reaching full extension of the arms at lockout (top of each rep).



- ✗ Removing the hands and resting on the torso while above the bar.

**NOTE:** Any other gymnastics movements are **NOT** allowed (e.g., uprises or rolls to support).

## MOVEMENT STANDARDS

### CHIN-OVER-BAR PULL-UP (SCALED VARIATIONS AND MASTERS 55+ ONLY)

#### REQUIREMENTS



1



2

1. Start each rep with arms fully extended and feet off the ground.
  - Any style of grip is permitted.
2. The rep is credited when the chin clearly breaks the horizontal plane of the bar.

**NOTE:** Any style of pull-up is permitted as long as the criteria above are met.

#### COMMON NO REPS

**NOTE:** This list is not exhaustive.



✗ Starting a rep without full extension of the arms.

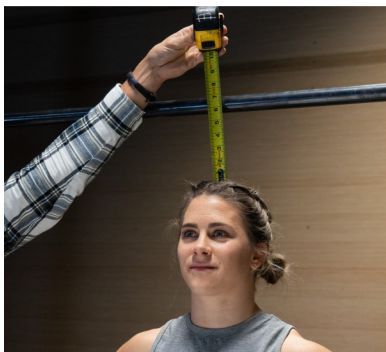


✗ Not breaking the horizontal plane of the pull-up bar with the chin.

## MOVEMENT STANDARDS

### JUMPING CHEST-TO-BAR PULL-UP (SCALED VARIATIONS)

#### REQUIREMENTS



1



2



3

1. The bar must be at least 6 inches (15 centimeters) above the top of the head when the athlete is standing tall.
  - Plates or other stable platforms may be used to decrease the distance between the top of the head and the bar.
2. At the start of each rep, lower until the arms are fully extended.
3. The rep is credited when the chest clearly comes into contact with the bar at or below the collarbone.

#### COMMON NO REPS

NOTE: This list is not exhaustive.



- ✗ Starting a rep without full extension of the arms.



- ✗ Making contact with the bar above the collarbone (neck or throat).



- ✗ Missing contact with the pull-up bar.



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All for time:  
5 rounds of:  
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Rest 1 minute, then:  
5 rounds of:  
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	10 THRUSTERS, WEIGHT 1	10 CHEST-TO-BAR PULL-UPS
ROUND 1	10	20
ROUND 2	30	40
ROUND 3	50	60
ROUND 4	70	80
ROUND 5	90	100
REST 1 MINUTE (THE TIMER DOES NOT STOP)		
	7 THRUSTERS, WEIGHT 2	7 BAR MUSCLE-UPS
ROUND 1	107	114
ROUND 2	121	128
ROUND 3	135	142
ROUND 4	149	156
ROUND 5	163	170

TIME

Tiebreak Time \_\_\_\_\_

Judge \_\_\_\_\_  
Judge Name

Time or Reps at 15 Min. \_\_\_\_\_

☐ Rx'd ☐ Scaled

Athlete \_\_\_\_\_  
Athlete Name

Athlete Signature

Athlete Copy

WORKOUT 24.3

Time or Reps at 15 Min. \_\_\_\_\_ ☐ Rx'd ☐ Scaled

Athlete Name \_\_\_\_\_ Tiebreak Time \_\_\_\_\_  
Print

Workout Location \_\_\_\_\_ Date \_\_\_\_\_

Judge \_\_\_\_\_ Judge Signature \_\_\_\_\_  
Judge Name

