

WORKOUT 22.3

For time:

21 pull-ups
 42 double-unders
 21 thrusters (weight 1)
 18 chest-to-bar pull-ups
 36 double-unders
 18 thrusters (weight 2)
 15 bar muscle-ups
 30 double-unders
 15 thrusters (weight 3)

♀ 65 lb, then 75 lb, then 85 lb
 ♂ 95 lb, then 115 lb, then 135 lb

Time cap: 12 minutes

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ 65 lb, then 75 lb, then 85 lb
 ♂ 95 lb, then 115 lb, then 135 lb

Scaled (Ages 16-54)

♀ Jumping chin-over-bar pull-ups, then chin-over-bar pull-ups, then chest-to-bar pull-ups | single-unders | 45 lb, then 55 lb, then 65 lb
 ♂ Jumping chin-over-bar pull-ups, then chin-over-bar pull-ups, then chest-to-bar pull-ups | single-unders | 65 lb, then 85 lb, then 105 lb

Teenagers 14-15

♀ 45 lb, then 55 lb, then 65 lb
 ♂ 65 lb, then 85 lb, then 105 lb

Scaled Teenagers 14-15

♀ Jumping chin-over-bar pull-ups, then chin-over-bar pull-ups, then chest-to-bar pull-ups | single-unders | 35 lb, then 45 lb, then 55 lb
 ♂ Jumping chin-over-bar pull-ups, then chin-over-bar pull-ups, then chest-to-bar pull-ups | single-unders | 45 lb, then 65 lb, then 85 lb

Masters 55+

♀ Jumping chin-over-bar pull-ups, then chin-over-bar pull-ups, then chest-to-bar pull-ups | 45 lb, then 55 lb, then 65 lb
 ♂ Jumping chin-over-bar pull-ups, then chin-over-bar pull-ups, then chest-to-bar pull-ups | 65 lb, then 85 lb, then 105 lb

Scaled Masters 55+

♀ Jumping chin-over-bar pull-ups, then jumping chest-to-bar pull-ups, then chin-over-bar pull-ups | single-unders | 35 lb, then 45 lb, then 55 lb
 ♂ Jumping chin-over-bar pull-ups, then jumping chest-to-bar pull-ups, then chin-over-bar pull-ups | single-unders | 45 lb, then 65 lb, then 85 lb

NOTES

Prior to starting the workout, athletes must set up a competition area as follows:

- Mark a line directly under the pull-up bar.
- Mark a second line 8 feet (2.45 meters) away from the line under the pull-up bar.

This workout begins with the athlete facing the pull-up bar and standing behind the line measured 8 feet (2.45 meters) away from the line under the pull-up bar. After the call of "3, 2, 1 ... go," the athlete will perform 21 pull-ups, then 42 double-unders, followed by 21 thrusters. Next, the athlete will return to the pull-up bar and perform 18 chest-to-bar pull-ups, then 36 double-unders, and 18 thrusters at a heavier weight. Finally, the athlete will perform 15 bar muscle-ups, 30 double-unders, and 15 thrusters at an even heavier weight.

Athletes may set up multiple barbells. If one barbell is used, the athlete may receive assistance changing the load on the bar. Receiving any assistance other than adjusting loading is not permitted unless safety is an immediate concern.

The athlete's score will be the total time it takes to complete the workout or the total number of repetitions completed before the 12-minute time cap.

TIEBREAK

If the athlete completes the entire workout prior to the 12-minute time cap, their score will be their total time, and there will be no tiebreaker. If the athlete is not able to complete the entire workout in the allotted time, a tiebreaker will be factored into their score. During the workout, be sure to note the athlete's time at the end of each of the first two sets of thrusters. When the athlete submits their score, there will be a space for their final rep count and an additional field for them to enter the elapsed time at which they completed either the set of 21 thrusters or the set of 18 thrusters, depending on the athlete's score. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher. Do **NOT** use a countdown timer.



OPEN WEEK 3

12 P.M. (NOON) PT THURSDAY, MAR. 10, THROUGH 6 P.M. PT MONDAY, MAR. 14

Presented by

THORNE

EQUIPMENT

- Barbell
- Standard bumper plates (no larger than 18 inches or 45 cm in diameter) to load to the appropriate weights for the athlete's division*
- Collars to secure the plates on the barbell
- Pull-up bar
- Jump rope
- Tape or chalk to mark the floor

* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the thrusters are 61 kg (135 lb), 52 kg (115 lb), 47 kg (105 lb), 43 kg (95 lb), 38 kg (85 lb), 34 kg (75 lb), 29 kg (65 lb), 25 kg (55 lb), 20 kg (45 lb), and 15 kg (35 lb).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Film the pull-up bar, plates, and barbell so the loads can be seen clearly.
- Film the measurement of the 8-foot (2.45-meters) tape line so the distance can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.

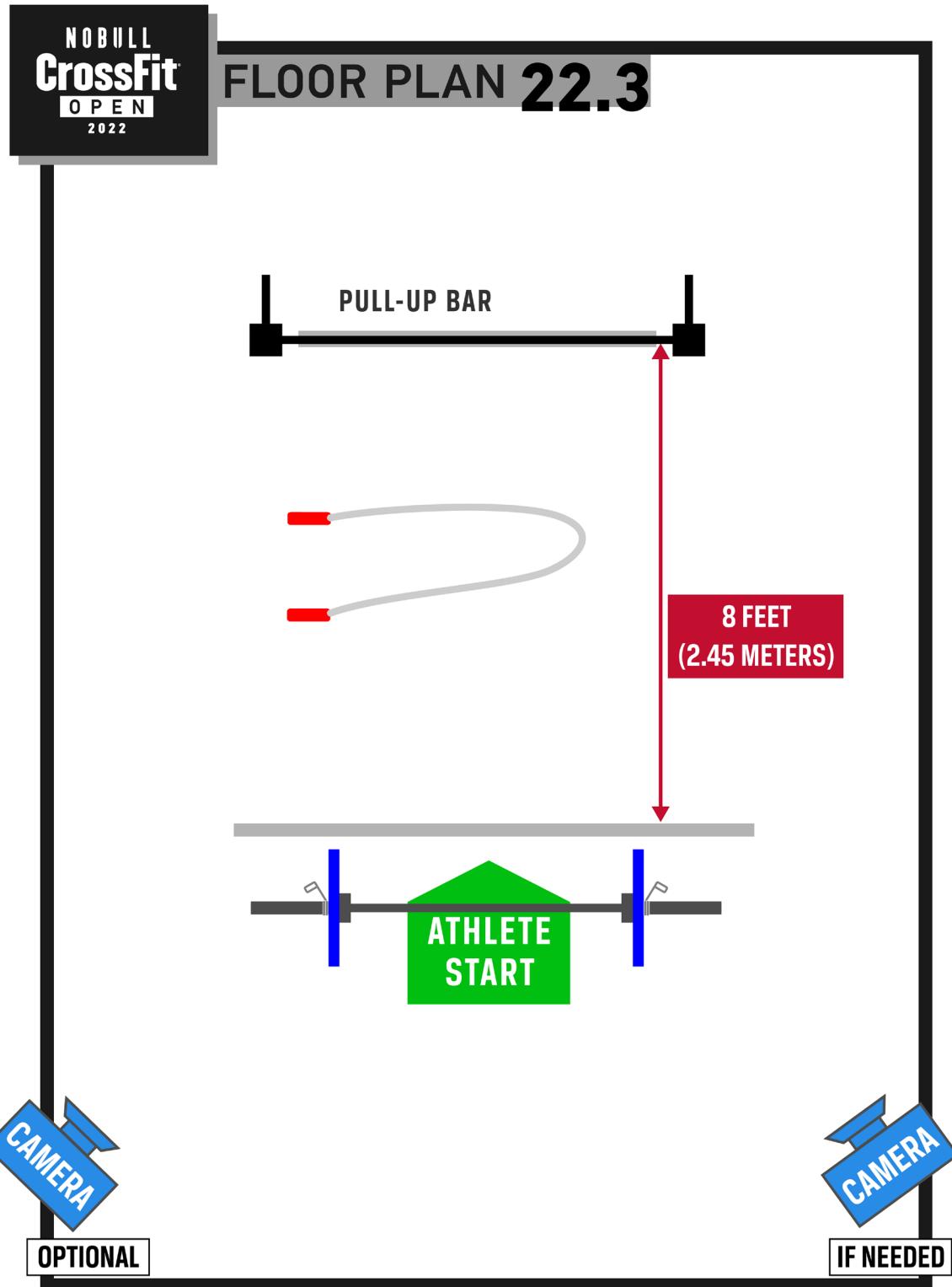
NO BULL
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MOVEMENT STANDARDS

THRUSTER



- The athlete and the barbell must remain on the side of the 8-ft (2.45-meters) tape line away from the pull up bar. If the plates or the athlete's foot touch the line at any time the rep will not count.
- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- A full squat clean into the thruster is allowed when the bar is taken from the floor.

- The rep is credited when:
 - the athlete's hips, knees, and arms are fully extended; and
 - the bar is directly over, or slightly behind, the middle of their body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- Athletes may **NOT** receive assistance moving or resetting their barbell.

CHIN-OVER-BAR PULL-UP



- The athlete must start each rep with arms fully extended and feet off the ground.
- Any style of pull-up or grip is permitted as long as the requirements are met.

- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP



- The athlete must start each rep with their arms fully extended and their feet off the ground.
- Any style of pull-up or grip is permitted as long as the other requirements are met.

- The rep is credited when the athlete's chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

BAR MUSCLE-UP



- The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground.
- Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted.
- No portion of the foot may rise above the lowest part of the bar during the kip.

- The athlete must pass through some portion of a dip before locking out over the bar.

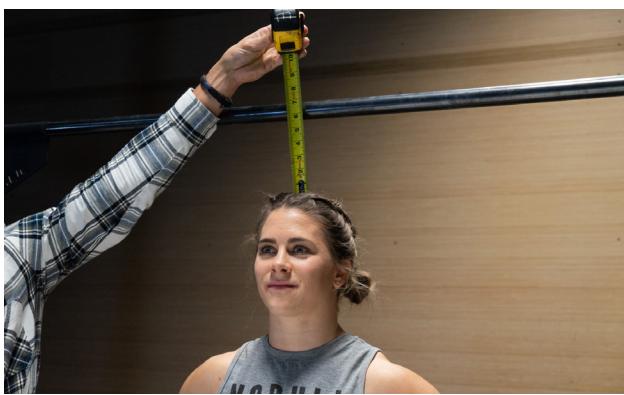
MOVEMENT STANDARDS

BAR MUSCLE-UP (CONTINUED)



- The rep is credited when:
 - the athlete's arms are fully locked out in the support position above the bar; and
 - the athlete's shoulders are over or slightly in front of the bar.
- Only the hands, and no other part of the arm, may touch the bar during the rep.
- Removing the hands in the support position is not allowed.
- At lockout, only the arms may support the athlete's weight.

JUMPING CHEST-TO-BAR PULL-UP (SCALED MASTERS 55+ ONLY)



- Scaled Masters 55+ perform jumping chest-to-bar pull-ups instead of chest-to-bar pull-ups.
- The pull-up bar should be at least 6 inches (15 cm) above the top of the head when the athlete is standing tall.
- Plates or other stable platforms may be required to decrease the distance between the top of the head and the bar.

- At the start of each rep, the athlete must lower until their arms are fully extended.

MOVEMENT STANDARDS

JUMPING CHEST-TO-BAR PULL-UP (CONTINUED) (SCALED MASTERS 55+ ONLY)



- The rep is credited when the chest clearly comes into contact with the bar at or below the collarbone.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

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



- The pull-up bar should be at least 6 inches (15 cm) above the top of the head when the athlete is standing tall.



- At the start of each rep, the athlete's arms must be fully extended.
- Any style of pull-up or grip is permitted as long as the requirements are met.

MOVEMENT STANDARDS

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



- The rep is credited when the athlete's chin breaks the horizontal plane of the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar **AND** wearing hand protection is not.

DOUBLE-UNDER / SINGLE-UNDER (SCALED ONLY)



- The rope passes under the feet twice for each jump.
- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward for the rep to count.
- Only successful jumps are counted, not attempts.

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Time cap: 12 minutes

21 PULL-UPS	21	TIME
42 DOUBLE-UNDERS	63	
21 THRUSTERS (WEIGHT 1)	84	
18 CHEST-TO-BAR PULL-UPS	102	
36 DOUBLE-UNDERS	138	TIME
18 THRUSTERS (WEIGHT 2)	156	
15 BAR MUSCLE-UPS	171	
30 DOUBLE-UNDERS	201	
15 THRUSTERS (WEIGHT 3)	216	TIME

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♀ 65 lb, then 75 lb, then 85 lb
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Teenagers 14-15

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Athlete Name _____

Print

Time or Reps at 12 Min. _____

Rx'd Scaled

Workout Location _____

Judge _____

Judge Name _____

Has judge passed CrossFit's
Online Judges Course? _____

Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____

Athlete Signature _____ Date _____

Athlete Copy

WORKOUT 22.3

Athlete Name _____

Print

Tiebreak Time _____

Time or Reps at 12 Min. _____

Rx'd Scaled

Workout Location _____

Judge _____

Judge Name _____

Has judge passed CrossFit's
Online Judges Course? _____

Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____

Judge Signature _____ Date _____