

WORKOUT 15.5

27-21-15-9 reps for time of:

Row (calories)

Thrusters

Men use 95 lb.

Women use 65 lb.

NOTES

This workout begins seated on the rower with the monitor set to zero calories. At the call of "3-2-1 ... go," the athlete will grab the handle and begin rowing. Once you have rowed 27 calories you will move to the barbell for 27 thrusters, then back to the rower for the round of 21, and so forth. Each time you return to the rower you or your judge must reset the monitor to zero before rowing.

Every second counts in this workout. Your score will be the time it takes to complete all 144 repetitions. There is no time cap for this workout.

This workout ends when the final rep of the thruster is locked out overhead. Time will be recorded in full seconds. Do not round up. If you finish in 9:25.7, your score is 9:25.

MOVEMENT STANDARDS

ROW



The athlete may begin the workout seated in the rower but may not grab the handle until the call of "go." The monitor must be set to zero at the beginning of each round. The athlete or the judge may reset the monitor.

EQUIPMENT

- An indoor rower with a monitor that measures calories

- Barbell

- Collars

- Plates to load to the appropriate weight for your division

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

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 / 29 kg for Rx'd, 29 / 20 kg for Scaled, Masters 55+ and Teens, and 20 / 15 kg for Scaled Masters 55+ and Scaled Teens.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

THRUSTER



This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground. Using a ball, box or other object to check for proper depth is not allowed.



The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.



WEEK 5 SCORECARD

Week 5 presented by
PROGENEX

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DIVISIONS

Rx'd (Includes Masters up to 54 years old)

Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54	95 lb.
Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54	65 lb.

Scaled

Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54	65 lb.
Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49, Scaled Masters Women 50-54	45 lb.

Masters 55+

Masters Men 55-59, Masters Men 60+	65 lb.
Masters Women 55-59, Masters Women 60+	45 lb.

Scaled Masters 55+

Scaled Masters Men 55-59, Scaled Masters Men 60+	45 lb.
Scaled Masters Women 55-59, Scaled Masters Women 60+	35 lb.

Teens

Teen Boys 14-15, Teen Boys 16-17	65 lb.
Teen Girls 14-15, Teen Girls 16-17	45 lb.

Scaled Teens

Scaled Teen Boys 14-15, Scaled Teen Boys 16-17	45 lb.
Scaled Teen Girls 14-15, Scaled Teen Girls 16-17	35 lb.

ROUND	REPS
27-CALORIE ROW	
27 THRUSTERS	

21-CALORIE ROW	
21 THRUSTERS	

15-CALORIE ROW	
15 THRUSTERS	

9-CALORIE ROW	
9 THRUSTERS	

ATHLETE NAME _____

Print

TIME _____

WORKOUT LOCATION _____

Name of Affiliate

JUDGE _____

Print

Has judge passed CrossFit's Y / N
Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____

Athlete Signature

Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____

Print

TIME _____

WORKOUT LOCATION _____

Name of Affiliate

JUDGE _____

Print

Has judge passed CrossFit's Y / N
Online Judges Course?

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

Judge Signature

Date