



## OPEN WEEK 5

17:00 PT THURSDAY, MARCH 23 THROUGH 17:00 PT MONDAY, MARCH 27

Presented by



### WORKOUT 17.5 Rx'd (Ages 16-54)

10 rounds for time of:

9 thrusters

35 double-unders

M 95 lb. F 65 lb.

### NOTES

This workout begins with the barbell on the floor and the athlete standing tall. At the call of "3, 2, 1 ... go," the athlete will perform 9 thrusters, then 35 double-unders. They will repeat this couplet for a total of 10 rounds. During the workout, only the athlete may handle their equipment, and the rope must be set on the ground while the athlete is performing thrusters.

Every second counts in this workout. The athlete's score will be the time it takes to complete all 440 repetitions. Time will be recorded in full seconds. Do not round up. If an athlete finishes in 15:40.8, their score is 15:40. There is a 40-minute time cap. If the athlete does not finish all 440 reps within the time cap, their score will be the number of reps completed. There is no tiebreaker for this workout.

### EQUIPMENT

- Barbell
- Collars
- Plates to load to the appropriate weight for your division
- Jump rope

\*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 29 kg (65 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

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 clock or timer with the running workout time clearly visible 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. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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### WORKOUT 17.5

10 rounds for time of:

9 thrusters

35 double-unders

*M 95 lb. F 65 lb.*

Time cap: 40 minutes

### VARIATIONS

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

Men use 95 lb.

Women use 65 lb.

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

Men use 65 lb. and perform single-unders

Women use 45 lb. and perform single-unders

#### Teenagers 14-15:

Boys use 65 lb.

Girls use 45 lb.

#### Scaled Teenagers 14-15:

Boys use 45 lb. and perform single-unders

Girls use 35 lb. and perform single-unders

#### Masters 55+:

Men use 65 lb.

Women use 45 lb.

#### Scaled Masters 55+:

Men use 45 lb. and perform single-unders

Women use 35 lb. and perform single-unders



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### 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 clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. 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.

#### DOUBLE-UNDER



#### SINGLE-UNDER (SCALED ONLY)



This is the standard double-under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

For scaled divisions, this is the standard single-under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count.



# OPEN WEEK 5 SCORECARD

17:00 PT THURSDAY, MARCH 23 THROUGH 17:00 PT MONDAY, MARCH 27

Presented by



## WORKOUT 17.5

10 rounds for time of:

9 thrusters

35 double-unders

### VARIATIONS

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

Men use 95 lb.

Women use 65 lb.

**Teenagers 14-15:**

Boys use 65 lb.

Girls use 45 lb.

**Masters 55+:**

Men use 65 lb.

Women use 45 lb.

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

Men use 65 lb. and perform single-unders

Women use 45 lb. and perform single-unders

**Scaled Teenagers 14-15:**

Boys use 45 lb. and perform single-unders

Girls use 35 lb. and perform single-unders

**Scaled Masters 55+:**

Men use 45 lb. and perform single-unders

Women use 35 lb. and perform single-unders

ROUND	9 THRUSTERS	35 DOUBLE-UNDERS
1	9	44
2	53	88
3	97	132
4	141	176
5	185	220
6	229	264
7	273	308
8	317	352
9	361	396
10	405	440

TIME: \_\_\_\_\_  Rx'd

OR REPS@40:00 \_\_\_\_\_  Scaled

ATHLETE NAME \_\_\_\_\_ SCORE \_\_\_\_\_

Print

AFFILIATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ Has Judge passed CrossFit's Online Judges Course? Y / N  
Name of Affiliate Print Initial

I confirm the information above accurately represents my performance for the workout \_\_\_\_\_

Affiliate Copy \_\_\_\_\_ Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Athlete Copy \_\_\_\_\_

## WORKOUT 17.5

TIME: \_\_\_\_\_  Rx'd

OR REPS@40:00 \_\_\_\_\_  Scaled

ATHLETE NAME \_\_\_\_\_ SCORE \_\_\_\_\_

Print

AFFILIATE \_\_\_\_\_ JUDGE NAME \_\_\_\_\_ Has Judge passed CrossFit's Online Judges Course? Y / N  
Name of Affiliate Print Initial