



OPEN WEEK 5

17:00 PT, THURSDAY, MARCH 21, THROUGH 17:00 PT, MONDAY, MARCH 25

Presented by

FITAID® ZERO

WORKOUT 19.5

33-27-21-15-9 reps for time of:

Thrusters

Chest-to-bar pull-ups

Time cap: 20 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 jumping pull-ups

Women use 45 lb. and perform jumping pull-ups

Teenagers 14-15:

Boys use 65 lb.

Girls use 45 lb.

Scaled Teenagers 14-15:

Boys use 45 lb. and perform jumping pull-ups

Girls use 35 lb. and perform jumping pull-ups

Masters 55+:

Men use 65 lb. and perform chin-over-bar pull-ups

Women use 45 lb. and perform chin-over-bar pull-ups

Scaled Masters 55+:

Men use 45 lb. and perform jumping pull-ups

Women use 35 lb. and perform jumping pull-ups

NOTES

This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may perform 33 thrusters, then 33 chest-to-bar pull-ups. The athlete will repeat this couplet, performing 27 thrusters and 27 chest-to-bar pull-ups, 21 and 21, 15 and 15, and finally 9 and 9.

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 20-minute time cap.

There is no tiebreak for this workout.

EQUIPMENT

- Barbell
- Plates to load to the appropriate weight for your division*
- Collars
- Pull-up bar

*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 pull-up bar, 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. Your judge and a clock or timer with the running workout time should be clearly visible 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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MOVEMENT STANDARDS

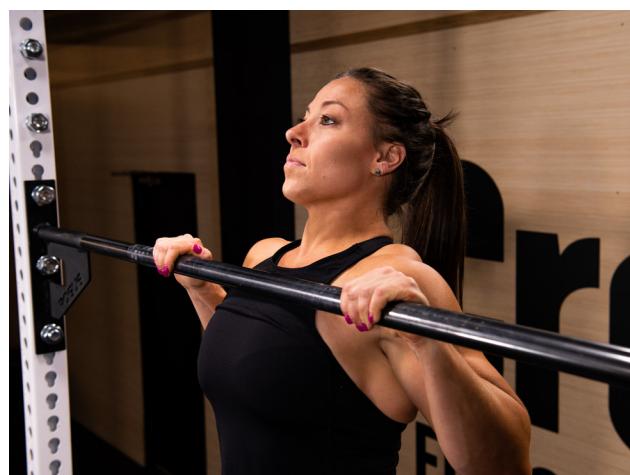
THRUSTER



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.

The rep is credited when the barbell is locked out overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body.

CHEST-TO-BAR PULL-UP



This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground. Overhand, underhand or mixed grip are all permitted.

The rep is credited when the chest clearly comes into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.



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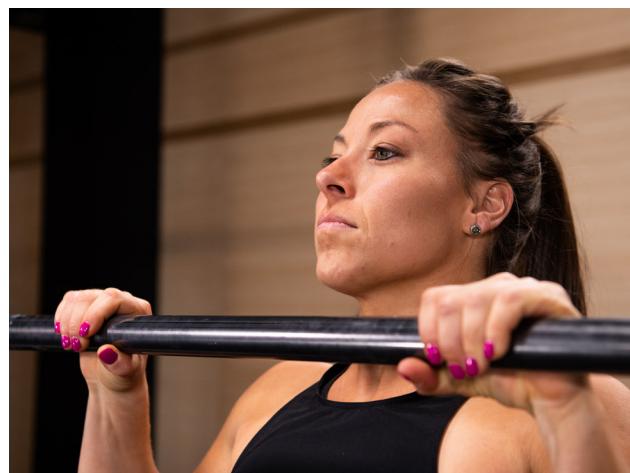
FITAID® ZERO

MOVEMENT STANDARDS

CHIN-OVER-BAR PULL-UP (MASTERS 55+)



This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground.



The rep is credited when the chin breaks the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar **and** wear hand protection.

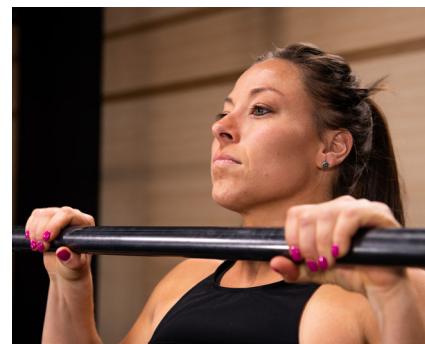
JUMPING CHIN-OVER-BAR PULL-UP (SCALED, SCALED TEENAGERS 14-15 AND SCALED MASTERS 55+ ONLY)



For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall.



At the bottom, the arms must be fully extended. Overhand, underhand and mixed grips are all permitted.



The rep is credited when the chin breaks the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar **and** wear hand protection.



OPEN WEEK 5 SCORECARD (ALL)

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33 THRUSTERS	33
33 PULL-UPS	66
27 THRUSTERS	93
27 PULL-UPS	120
21 THRUSTERS	141
21 PULL-UPS	162
15 THRUSTERS	177
15 PULL-UPS	192
9 THRUSTERS	201
9 PULL-UPS	210

Time _____ OR Reps at 20 Min. _____

Athlete Name _____

Print

Rx'd Scaled

Workout Location _____

Name of Affiliate

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 _____

Athlete Signature

Date

Affiliate Copy

Athlete Copy

WORKOUT 19.5

Time _____ OR Reps at 20 Min. _____

Athlete Name _____

Print

Rx'd Scaled

Workout Location _____

Name of Affiliate

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 _____

Judge Signature

Date