



WEEK 2

17:00 PT Thur, Mar 5 through 17:00 PT Mon, March 9

Week 2 presented by

WORKOUT 15.2

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:
10 overhead squats (95 / 65 lb.)
10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:
12 overhead squats (95 / 65 lb.)
12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:
14 overhead squats (95 / 65 lb.)
14 chest-to-bar pull-ups
Etc., following the same pattern until you fail to complete both rounds

NOTES

Each three-minute section begins from the standing position with the barbell on the floor and the athlete standing tall. Using a ball, box or other object to check for proper depth is not allowed. Every rep counts in this workout. You will enter your score as the total number of reps. See the scorecard for assistance in calculating the rep total.

TIME BONUS

This workout begins as a standard three-minute couplet of two rounds of 10 overhead squats and 10 chest-to-bar pull-ups (6 of each for scaled versions). If you complete all the reps (2 complete rounds) before the time cap you will rest until the three minutes are up before beginning the next segment. In the second segment, minute three to minute six, you will attempt two rounds of 12 overhead squats and 12 chest-to-bar pull-ups (8 of each for scaled versions). If you complete all the reps (2 complete rounds) before the time cap you will rest until the six minutes are up before beginning the next segment. In the third segment, minute 6 to minute 9, you will attempt 2 rounds of 14 overhead squats and 14 chest-to-bar pull-ups (10 of each for scaled versions). If you complete all the reps (2 complete rounds) before the time cap you will rest until the 9 minutes are up before beginning the next segment. You will continue in this pattern for as long as possible, adding 2 reps to each exercise each round for every three-minute segment you complete.

Your workout is over whenever you do not complete two full rounds of the couplet within the time cap and your score will be the total number of reps you complete.

For example, if you complete the first 2 rounds of 10s (40 reps) in 2:30, you will rest until 3:00 before beginning the rounds of 12s. If you then complete 1 full round of 12s plus an additional 10 overhead squats (34 reps) by minute 6, your workout is over. Your score will be 74 (40 reps from the first segment plus 34 reps from the second segment).

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.

EQUIPMENT

- Pull-up bar
- 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 plates, 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 and Teens, and 20 / 15 kg for Scaled Masters and Scaled Teens.

OVERHEAD SQUAT



The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted, but not required, to start the movement if standard depth is achieved.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. You may not use a rack.

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.



At the top, the chest must clearly come into contact with the bar below the collarbone.

CHIN-OVER-BAR PULL-UP



The hang position is the same as the chest-to-bar pull-up (see above). Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. At the top, the chin must break the horizontal plane of the bar.

JUMPING CHEST-TO-BAR PULL-UP



The pull-up bar should be setup so it is at least six inches above the top of the athlete's head when standing tall.



At the bottom, the athlete must lower themselves so his or her arms are fully extended.



At the top, the chest must clearly come into contact with the bar.



WEEK 2 WORKOUT VARIATIONS

Week 2 presented by



RX'D

(Includes Masters up to 54 years old)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (95 / 65 lb.)

10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (95 / 65 lb.)

12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (95 / 65 lb.)

14 chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

SCALED

(Scaled Men & Women 18-54)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (65 / 45 lb.)

6 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (65 / 45 lb.)

8 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

MASTERS

(Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 chin-over-bar pull-ups*

From 3:00-6:00

2 rounds of:

12 overhead squats (45 / 35 lb.)

12 chin-over-bar pull-ups*

From 6:00-9:00

2 rounds of:

14 overhead squats (45 / 35 lb.)

14 chin-over-bar pull-ups*

Etc., following the same pattern until you fail to complete both rounds

*Masters Women 55+ do jumping chest-to-bar pull-ups.

SCALED MASTERS

(Scaled Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

TEENS

(Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (45 / 35 lb.)

12 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (45 / 35 lb.)

14 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

SCALED TEENS

(Scaled Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds



WEEK 2 SCORECARD (RX'D)

Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54

Week 2 presented by



WORKOUT 15.2

(Includes Masters up to 54 years old)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (95 / 65 lb.)
10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (95 / 65 lb.)
12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (95 / 65 lb.)
14 chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS				18 PULL-UPS		
	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS		40		18 PULL-UPS		280
3:00-6:00	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS		88		20 PULL-UPS		360
6:00-9:00	14 OVERHEAD SQUATS				22 OVERHEAD SQUATS		
	14 PULL-UPS				22 PULL-UPS		
	14 OVERHEAD SQUATS				22 OVERHEAD SQUATS		
	14 PULL-UPS		144		22 PULL-UPS		448
9:00-12:00	16 OVERHEAD SQUATS				24 OVERHEAD SQUATS		
	16 PULL-UPS				24 PULL-UPS		
	16 OVERHEAD SQUATS				24 OVERHEAD SQUATS		
	16 PULL-UPS		208		24 PULL-UPS		544

ATHLETE NAME _____ TOTAL REPS _____
Print _____

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
Name of Affiliate _____ Print _____ Online Judges Course?

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

Affiliate Copy _____
Athlete Copy _____

ATHLETE NAME _____ TOTAL REPS _____
Print _____

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y / N
Name of Affiliate _____ Print _____ Online Judges Course?

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



WEEK 2 SCORECARD (MASTERS)

Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+

Week 2 presented by



WORKOUT

(Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)
10 chin-over-bar pull-ups*

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)
12 chin-over-bar pull-ups*

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)
14 chin-over-bar pull-ups*

Etc., following the same pattern until you fail to complete both rounds

*Masters Women 55+ do jumping chest-to-bar pull-ups.

0:00-3:00	10 OVERHEAD SQUATS 10 PULL-UPS 10 OVERHEAD SQUATS 10 PULL-UPS	40	18 OVERHEAD SQUATS 18 PULL-UPS 18 OVERHEAD SQUATS 18 PULL-UPS	280
3:00-6:00	12 OVERHEAD SQUATS 12 PULL-UPS 12 OVERHEAD SQUATS 12 PULL-UPS	88	20 OVERHEAD SQUATS 20 PULL-UPS 20 OVERHEAD SQUATS 20 PULL-UPS	360
6:00-9:00	14 OVERHEAD SQUATS 14 PULL-UPS 14 OVERHEAD SQUATS 14 PULL-UPS	144	22 OVERHEAD SQUATS 22 PULL-UPS 22 OVERHEAD SQUATS 22 PULL-UPS	448
9:00-12:00	16 OVERHEAD SQUATS 16 PULL-UPS 16 OVERHEAD SQUATS 16 PULL-UPS	208	24 OVERHEAD SQUATS 24 PULL-UPS 24 OVERHEAD SQUATS 24 PULL-UPS	544

ATHLETE NAME _____ TOTAL REPS _____
Print _____

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
Name of Affiliate _____ Print _____ Online Judges Course?

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

Affiliate Copy _____
Athlete Copy _____

ATHLETE NAME _____ TOTAL REPS _____
Print _____

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y / N
Name of Affiliate _____ Print _____ Online Judges Course?

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



WEEK 2 SCORECARD (TEENS)

Teen Boys 14-15, Teen Boys 16-17, Teen Girls 14-15, Teen Girls 16-17

Week 2 presented by



WORKOUT

(Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)
10 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)
12 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)
14 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

	10 OVERHEAD SQUATS			
0:00-3:00	10 PULL-UPS			
	10 OVERHEAD SQUATS			
	10 PULL-UPS		40	
	18 OVERHEAD SQUATS			
12:00-15:00	18 PULL-UPS			
	18 OVERHEAD SQUATS			
	18 PULL-UPS		280	
	12 OVERHEAD SQUATS			
3:00-6:00	12 PULL-UPS			
	12 OVERHEAD SQUATS			
	12 PULL-UPS		88	
	20 OVERHEAD SQUATS			
15:00-18:00	20 PULL-UPS			
	20 OVERHEAD SQUATS			
	20 PULL-UPS		360	
	14 OVERHEAD SQUATS			
6:00-9:00	14 PULL-UPS			
	14 OVERHEAD SQUATS			
	14 PULL-UPS		144	
	22 OVERHEAD SQUATS			
18:00-21:00	22 PULL-UPS			
	22 OVERHEAD SQUATS			
	22 PULL-UPS		448	
	16 OVERHEAD SQUATS			
9:00-12:00	16 PULL-UPS			
	16 OVERHEAD SQUATS			
	16 PULL-UPS		208	
	24 OVERHEAD SQUATS			
21:00-24:00	24 PULL-UPS			
	24 OVERHEAD SQUATS			
	24 PULL-UPS		544	

ATHLETE NAME _____

TOTAL REPS _____

Print

WORKOUT LOCATION _____

JUDGE _____

Name of Affiliate

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 _____

TOTAL REPS _____

Print

WORKOUT LOCATION _____

JUDGE _____

Name of Affiliate

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



WEEK 2 SCORECARD (SCALED)

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

Week 2 presented by



WORKOUT

(Scaled Men & Women 18-54)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (65 / 45 lb.)
 6 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (65 / 45 lb.)
 8 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (65 / 45 lb.)
 10 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	6 OVERHEAD SQUATS		24	14 OVERHEAD SQUATS	
	6 PULL-UPS			14 PULL-UPS	
	6 OVERHEAD SQUATS			14 OVERHEAD SQUATS	
	6 PULL-UPS			14 PULL-UPS	200
3:00-6:00	8 OVERHEAD SQUATS		56	16 OVERHEAD SQUATS	
	8 PULL-UPS			16 PULL-UPS	
	8 OVERHEAD SQUATS			16 OVERHEAD SQUATS	
	8 PULL-UPS			16 PULL-UPS	264
6:00-9:00	10 OVERHEAD SQUATS		96	18 OVERHEAD SQUATS	
	10 PULL-UPS			18 PULL-UPS	
	10 OVERHEAD SQUATS			18 OVERHEAD SQUATS	
	10 PULL-UPS			18 PULL-UPS	336
9:00-12:00	12 OVERHEAD SQUATS		144	20 OVERHEAD SQUATS	
	12 PULL-UPS			20 PULL-UPS	
	12 OVERHEAD SQUATS			20 OVERHEAD SQUATS	
	12 PULL-UPS			20 PULL-UPS	416

ATHLETE NAME _____ TOTAL REPS _____
 Print _____

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
 Name of Affiliate _____ Print _____ Online Judges Course?

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

Affiliate Copy _____
 Athlete Copy _____

ATHLETE NAME _____ TOTAL REPS _____
 Print _____

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y / N
 Name of Affiliate _____ Print _____ Online Judges Course?

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



WEEK 2 SCORECARD (SCALED MASTERS)

Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59,
Scaled Masters Women 60+

Week 2 presented by



WORKOUT

(Scaled Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)
6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)
8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)
10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	6 OVERHEAD SQUATS		14 OVERHEAD SQUATS	
	6 PULL-UPS		14 PULL-UPS	
	6 OVERHEAD SQUATS		14 OVERHEAD SQUATS	
	6 PULL-UPS	24	14 PULL-UPS	
3:00-6:00	8 OVERHEAD SQUATS		16 OVERHEAD SQUATS	
	8 PULL-UPS		16 PULL-UPS	
	8 OVERHEAD SQUATS		16 OVERHEAD SQUATS	
	8 PULL-UPS	56	16 PULL-UPS	264
6:00-9:00	10 OVERHEAD SQUATS		18 OVERHEAD SQUATS	
	10 PULL-UPS		18 PULL-UPS	
	10 OVERHEAD SQUATS		18 OVERHEAD SQUATS	
	10 PULL-UPS	96	18 PULL-UPS	336
9:00-12:00	12 OVERHEAD SQUATS		20 OVERHEAD SQUATS	
	12 PULL-UPS		20 PULL-UPS	
	12 OVERHEAD SQUATS		20 OVERHEAD SQUATS	
	12 PULL-UPS	144	20 PULL-UPS	416

ATHLETE NAME _____

TOTAL REPS _____

Print

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

TOTAL REPS _____

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



WEEK 2 SCORECARD (SCALED TEENS)

Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15,
Scaled Teen Girls 16-17

Week 2 presented by



WORKOUT

(Scaled Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)
6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)
8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)
10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	6 OVERHEAD SQUATS 6 PULL-UPS 6 OVERHEAD SQUATS 6 PULL-UPS	24	14 OVERHEAD SQUATS 14 PULL-UPS 14 OVERHEAD SQUATS 14 PULL-UPS	200
3:00-6:00	8 OVERHEAD SQUATS 8 PULL-UPS 8 OVERHEAD SQUATS 8 PULL-UPS	56	16 OVERHEAD SQUATS 16 PULL-UPS 16 OVERHEAD SQUATS 16 PULL-UPS	264
6:00-9:00	10 OVERHEAD SQUATS 10 PULL-UPS 10 OVERHEAD SQUATS 10 PULL-UPS	96	18 OVERHEAD SQUATS 18 PULL-UPS 18 OVERHEAD SQUATS 18 PULL-UPS	336
9:00-12:00	12 OVERHEAD SQUATS 12 PULL-UPS 12 OVERHEAD SQUATS 12 PULL-UPS	144	20 OVERHEAD SQUATS 20 PULL-UPS 20 OVERHEAD SQUATS 20 PULL-UPS	416

ATHLETE NAME _____ TOTAL REPS _____
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