



Rx'd Workout

For time:

Partner 1 completes:

- 1,000-m row
- 50 thrusters
- 30 chest-to-bar pull-ups

Then, Partner 2 completes:

- 1,000-m row
- 50 thrusters
- 30 chest-to-bar pull-ups

Men use 45-lb. barbell

Women use 35-lb. barbell

Scaled Workout

For time:

Partner 1 completes:

- 1,000-m row
- 50 thrusters
- 30 jumping chest-to-bar pull-ups

Then, Partner 2 completes:

- 1,000-m row
- 50 thrusters
- 30 jumping chest-to-bar pull-ups

Men use 45-lb. barbell

Women use 35-lb. barbell

Time cap: None

Tiebreak: None

Equipment

- Rower that counts calories, similar in type and calibration to a Concept2 rower
- Barbell
- Pull-up bar

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.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 20 kg (45 lb.) and 15 kg (35 lb.).

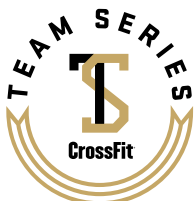
Description

This workout begins with the first athlete seated on the rower, the handle stowed and the monitor set to zero. At the call of "3, 2, 1... go!" the athlete will grab the handle and row 1,000 meters. They will then move to the barbell for 50 thrusters, then to the pull-up bar for 30 chest-to-bar pull-ups. They will finish by slapping hands with the second athlete, who may then begin their row. The second athlete may be seated on the rower prior to the first athlete finishing their pull-ups, but the monitor must be reset to zero, and they may not grab the handle until after slapping hands. The second athlete will complete the row, thrusters and pull-ups in the same fashion as the first. This workout ends when the second athlete's chest touches the bar on the last rep of the chest-to-bar pull-ups.

Every second counts in this workout. The team's score will be the time it takes to complete all the repetitions. Time will be recorded in full seconds. Do not round up. If the team finishes in 12:32.7, its score is 12:32. There is no time cap. Note the time at which the first athlete finishes, as this will be required when submitting your score.

Video Submission Standards

Teams opting to have their score validated by video submission are still required to use an on-site judge. Prior to starting, film the barbell(s) 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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Movement Standards

Row



The monitor on the rower must be set to zero at the beginning of each row. An athlete or the judge may reset the monitor. The athlete must stay seated on the rower until the monitor reads 1,000 meters.

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. 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 center of the body.

Movement Standards

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 feet off the ground.



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

Jumping Chest-to-Bar Pull-up (Scaled only)



For the jumping chest-to-bar pull-up, the bar should be at least six inches above the top of the athlete's head when standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar.



At the bottom of the movement, the athlete must lower their body so the arms are fully extended.



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



Event 8

17:00 PT Wed., Sept. 27 through 17:00 PT Mon., Oct. 2, 2017

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 Women use 35-lb. barbell*

**Time cap: None
 Tiebreak: None**

Scorecard

Rx'd Scaled

Athlete 1 _____

Print

1,000m	Row	
50	Thrusters	
30	Pull-ups	

Split Time

Athlete 2 _____

Print

1,000m	Row	
50	Thrusters	
30	Pull-ups	

Final Time

Workout Location _____ Judge _____ Has judge passed CrossFit's Online Judges Course? Y / N
Name of Affiliate Judge Name

I confirm the information above accurately represents our team's performance for this event _____
Affiliate Copy Team Captain Signature Date

Affiliate Copy

Team Copy

Rx'd Scaled

Athlete 1 _____

Print

Split Time _____

Athlete 2 _____

Print

Final Time _____

Workout Location _____ Judge _____ Has judge passed CrossFit's Online Judges Course? Y / N
Name of Affiliate Judge Name

I confirm the information above accurately represents the team's performance for this event _____
Judge Signature Date