



## AGE GROUP QUALIFIER

17:00 PT, THURSDAY, APRIL 19, THROUGH 17:00 PT, MON, APRIL 23



### WORKOUT 2

4 rounds for time of:  
25 chest-to-bar pull-ups  
5 cleans

**Time cap: 15 minutes**

### VARIATIONS

**Ages 16-17 and 35-54:**

Men clean 245 lb.  
Women clean 170 lb.

**Ages 14-15:**

Boys clean 155 lb.  
Girls clean 105 lb.

**Ages 55+:**

Men perform chin-over-bar pull-ups  
and use 155 lb.  
Women perform chin-over-bar pull-ups  
and use 105 lb.

### NOTES

This workout begins with the athlete standing under the pull-up bar. After the call of "3, 2, 1 ... go," the athlete will jump up and begin performing pull-ups. Once 25 reps are complete, the athlete will move to the barbell for the cleans. Once 5 cleans are complete, the athlete will move back to the pull-up bar and begin the next round. The athlete will repeat this for a total of 4 rounds. The workout is complete when the athlete reaches full extension on the final clean.

Every second counts in this workout. The athlete's score will be the time it takes to complete all 120 repetitions. Time will be recorded in full seconds. Do not round up. If the athlete finishes in 10:32.7, his or her score is 10:32. There is a 15-minute time cap. If the athlete does not finish all 120 reps before the time cap, his or her score will be the number of reps completed.

### EQUIPMENT

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

\* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 111 kg (245 lb.), 77 kg (170 lb.), 70 kg (155 lb.) and 47 kg (105 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. 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 seen clearly 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

#### CHEST-TO-BAR PULL-UP



At the top, the chest must clearly come 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.

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. Overhand, underhand or mixed grip are all permitted.

#### CLEANS



In the clean, the barbell begins on the ground. Touch and go is permitted. No bouncing or dropping and catching the barbell on the rebound. Once dropped, the barbell must settle on the ground before beginning the next repetition.

The rep is complete when the athlete's hips and knees are fully extended and the bar is resting on the shoulders in the front-rack position with the athlete's elbows in front of the bar. Power cleans, squat cleans and split cleans are permitted. Hang cleans are not permitted.



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### MOVEMENT STANDARDS

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



This is a standard chin-over-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. Overhand, underhand or mixed grip are all permitted.



At the top of the movement, the chin must break 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.



# AGE GROUP QUALIFIER SCORECARD

17:00 PT, THURSDAY, APRIL 19, THROUGH 17:00 PT, MON, APRIL 23



## WORKOUT 2

4 rounds for time of:  
25 chest-to-bar pull-ups  
5 cleans

**Time cap: 15 minutes**

Round	25 Chest-to-Bar Pull-Ups	5 Cleans
1		30
2		60
3		90
4		120

## VARIATIONS

### Ages 16-17 and 35-54:

Men clean 245 lb.  
Women clean 170 lb.

### Ages 14-15:

Boys clean 155 lb.  
Girls clean 105 lb.

### Ages 55+:

Men perform chin-over-bar pull-ups and use 155 lb.  
Women perform chin-over-bar pull-ups and use 105 lb.

**ATHLETE NAME** \_\_\_\_\_ **TIME** \_\_\_\_\_ **OR REPS AT 15 MIN.** \_\_\_\_\_  
Print

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

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

Affiliate Copy

Athlete Copy

## WORKOUT 2

**ATHLETE NAME** \_\_\_\_\_ **TIME** \_\_\_\_\_ **OR REPS AT 15 MIN.** \_\_\_\_\_  
Print

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