

WORKOUT 5

Starting every 2 minutes until the reps cannot be completed in the interval:

- 25 dumbbell thrusters
Rest in the remaining time
- 30 dumbbell thrusters
Rest in the remaining time
- 35 dumbbell thrusters
Rest in the remaining time

Etc., adding 5 repetitions to the dumbbell thrusters after each 2-minute interval. Immediately following the end of the final 2-minute interval, begin Workout 6.

- ♀ 20-lb dumbbell
- ♂ 35-lb dumbbell

WORKOUT 6

1-rep-max deadlift

Time begins immediately following the final 2-minute interval of Workout 5. Workouts 5 and 6 must be completed sequentially in a single effort.

Time cap: 5 minutes

WORKOUT 5 TO WORKOUT 6 TIMING (EXAMPLES ONLY)

Workout 5 ends	add 5 minutes	Workout 6 ends
failed in 6:00-8:00 interval	5:00	13:00
failed in 10:00-12:00 interval	5:00	17:00
failed in 14:00-16:00 interval	5:00	21:00

NOTES

Prior to starting the workouts, set up the floor plan as shown. Start each 2-minute interval of dumbbell thrusters behind the line furthest from the barbell. You must face the camera during Workout 6.

Begin Workout 5 standing behind the line 5 ft from the barbell. After the call of "3, 2, 1 ... go," move to the dumbbell and complete 25 dumbbell thrusters. Then, return behind the line furthest from the barbell and rest in the time remaining. When the clock reaches 2:00 exactly, move again to the dumbbell and complete 30 repetitions and then rest in the time remaining. When the clock reaches 4:00 exactly, complete 35 repetitions and continue adding 5 repetitions every 2-minute interval until the required repetitions cannot be completed within the 2-minute interval.

Your score for Workout 5 will be the total number of repetitions completed.

Workout 6 begins immediately at the end of your final 2-minute interval. You will have 5 minutes to complete as many attempts as needed to establish a 1-rep-max deadlift. All attempts must be completed **BEFORE** the 5-minute time cap. Any attempt where you are still in motion after the 5-minute time cap will not count.

You may use only a single barbell. You may receive assistance loading your barbell.

Your score for Workout 6 will be the weight (in pounds) of your heaviest successfully completed deadlift. Carefully review the equipment section for specific instructions regarding score calculation. All athletes **MUST** follow these instructions.

Workouts 5 and 6 must be completed sequentially in a single effort.

After both workouts are complete, walk to the camera and STATE THE PASSWORD before moving or turning off the camera.

TIEBREAK: WORKOUT 6

In the event that two athletes tie during the deadlift, the athlete who completed more repetitions in Workout 5 will be ranked higher.

EQUIPMENT

- Dumbbell of appropriate weight for your division*
- Barbell
 - Note: For Workout 6, a 15-kg bar **MUST** be totaled as 33 lb. A 20-kg bar **MUST** be totaled as 44 lb.
- Bumper plates**
- Collars

Men must use a 45-lb (20-kg) barbell, and women must use a 35-lb (15-kg) barbell.

*The official weight of the dumbbell is in pounds. For your convenience, the minimum acceptable weights in kilograms are 10 kg (20 lb) and 15 kg (35 lb).

**The official weight of the deadlift must be recorded in pounds. If converting kilograms to pounds, round to the nearest pound:

200.1 to 200.4 lb = 200 lb
 200.5 to 200.9 lb = 201 lb

Any weight increases using change plates must result in a whole number (no decimal points). Collars cannot be included in the total weight.

For each workout, be sure you have 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.

REQUIREMENTS FOR USING EQUIPMENT MEASURED IN KILOGRAMS

Athletes using any piece of equipment measured in kilograms must use the following conversion chart for each piece **BEFORE** the weight is totaled. This includes athletes using a barbell measured in kilograms with plates measured in pounds.

Then round the sum to the nearest whole pound (.5 and up = round up, .4 and below = round down).

Calculating total load:

Example 1:

Barbell is 20 kg → 44 lb
 Two 45-lb plates → 90 lb

 TOTAL → 134 lb
 Enter 134 lb on scorecard.

Example 2:

Barbell is 20 kg → 44 lb
 Two 1.5-kg plates → 6.6 lb
 Two 10-kg plates → 44 lb

 TOTAL → 94.6 lb
 94.6 lb rounds up to 95 lb
 Enter 95 lb on scorecard.

This table will be used in all instances when determining scores for this workout.

KILOGRAMS (KG)	POUNDS (LB)
0.5	1.0
1.0	2.2
1.5	3.3
2.0	4.4
2.5	5.5
5	11
10	22
15	33
20	44
25	55



ONLINE SEMIFINALS ADAPTIVE - UPPER EXTREMITY

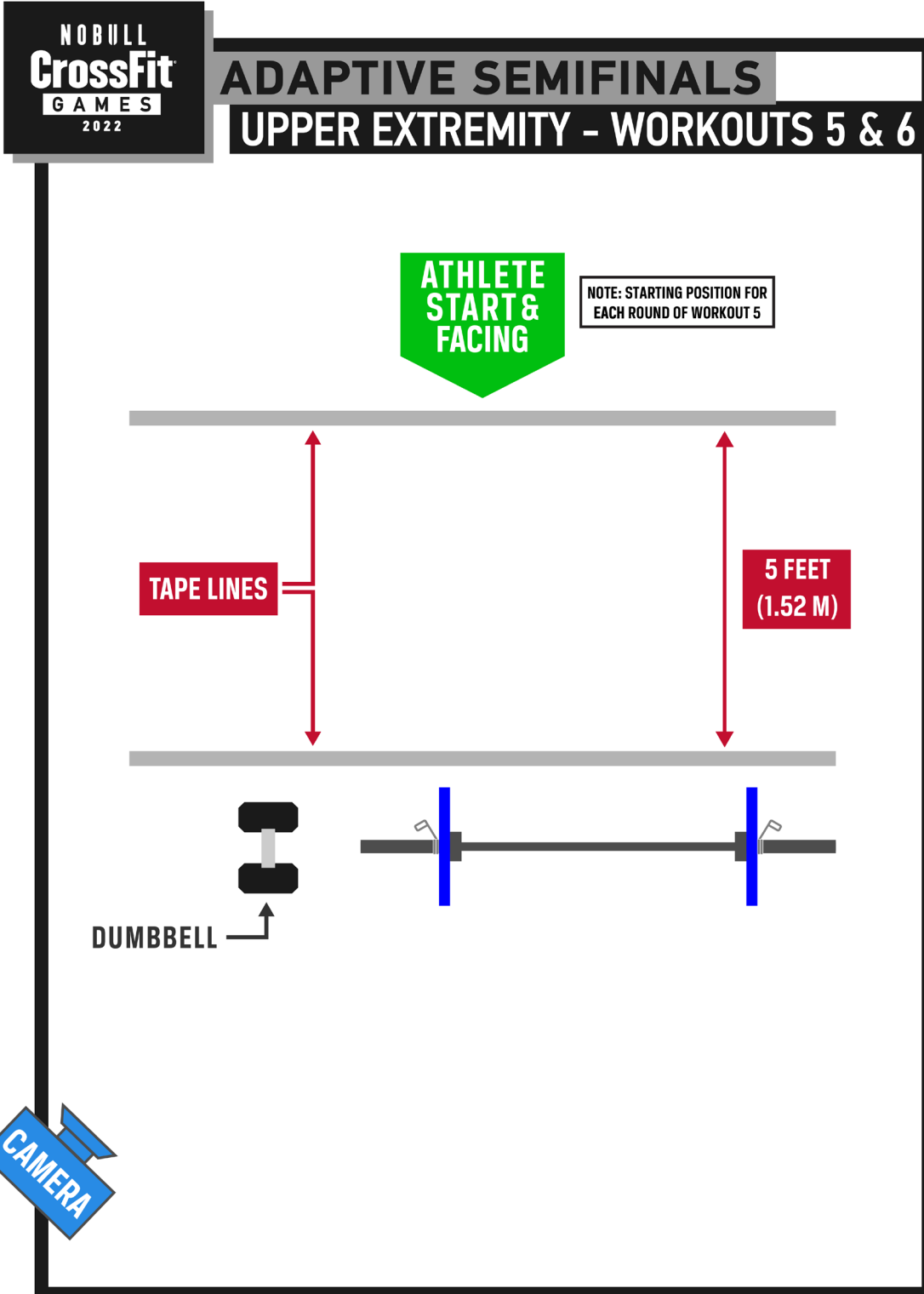
12 P.M. (NOON) PT SATURDAY, JUNE 4, THROUGH 12 P.M. (NOON) PT SUNDAY, JUNE 5

Presented by



VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 ft (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.
- After the workout is complete, **STATE THE PASSWORD** before moving or turning off the camera.
- Workout 5 and Workout 6 must be recorded as a single unedited video.



MOVEMENT STANDARDS

DUMBBELL THRUSTER

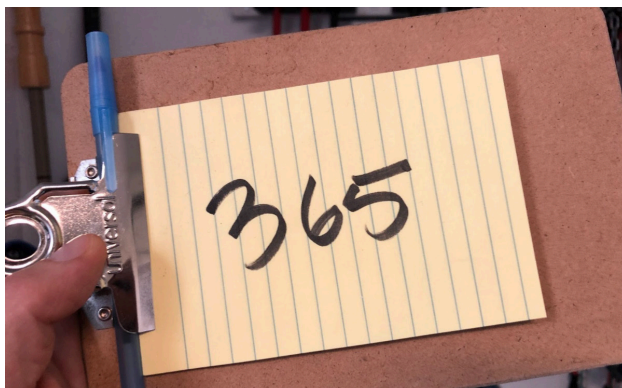


- The same arm must be used throughout the workout.
- Each set of thrusters begins with the dumbbell on the ground.
- The crease of your hip must clearly pass below the top of your knees in the bottom position.
- A full squat clean into the thruster is allowed when the dumbbell is taken from the floor.



- The rep is credited when:
 - your arm, hips, and knees are fully extended; and
 - the dumbbell is directly over or slightly behind the middle of your body.
- The rep must be completed in one fluid motion from the bottom of the squat. A front squat followed by a jerk is not allowed.
- You may **NOT** receive assistance moving or resetting the dumbbell.

DEADLIFT



- You **MUST** declare the load you are attempting by writing the weight down on paper or a small whiteboard and clearly displaying it to the camera before you start to lift.

MOVEMENT STANDARDS

DEADLIFT (CONTINUED)



- You and the barbell must remain in front of the tape, away from the 5-ft space and facing the camera. Stepping on the line is a no rep.
- Collars must be placed outside the plates during all attempts.
- Start each rep with the bar on the ground.
- If lifting with two points of contact, your hands must be outside your knees. If lifting with a single-point of contact, the grip may be between the knees. You may use a grip aid (such as a lifting harness, hook, or strap) on your impaired arm. You may **NOT** wear gymnastics grips.
- The rep is credited when:
 - your hips and knees reach full extension; and
 - your head and shoulders are behind the bar.
- You may not lower the bar until you reach the finish position.



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WORKOUT 5

Starting every 2 minutes until the reps cannot be completed in the interval:

25 dumbbell thrusters

Rest in the remaining time

30 dumbbell thrusters

Rest in the remaining time

35 dumbbell thrusters

Rest in the remaining time

Etc., adding 5 repetitions to the dumbbell thrusters after each 2-minute interval. Immediately following the end of the final 2-minute interval, begin Workout 6.

♀ 20-lb dumbbell

♂ 35-lb dumbbell

2-MINUTE INTERVALS	DUMBBELL THRUSTERS	
0:00-2:00	25	25
2:00-4:00	30	55
4:00-6:00	35	90
6:00-8:00	40	130
8:00-10:00	45	175
10:00-12:00	50	225
12:00-14:00	55	280
14:00-16:00	60	340
16:00-18:00	65	405
18:00-20:00	70	475

IMMEDIATELY START WORKOUT 6

Athlete Name _____
Print

Total Reps _____

Workout Location _____

Judge _____
Judge Name

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

Athlete Copy

SEMIFINALS - UPPER EXTREMITY - WORKOUT 5

Athlete Name _____
Print

Total Reps _____

Workout Location _____

Judge _____
Judge Name

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

WORKOUT 6

1-rep-max deadlift

Time begins immediately following the final 2-minute interval of Workout 5. Workouts 5 and 6 must be completed sequentially in a single effort.

Time cap: 5 minutes

WORKOUT 5 TO WORKOUT 6 TIMING (EXAMPLES ONLY)

Workout 5 Failed During:	Workout 6 Ends:
0:00-2:00 min.	7:00 min.
2:00-4:00 min.	9:00 min.
4:00-6:00 min.	11:00 min.
6:00-8:00 min.	13:00 min.
8:00-10:00 min.	15:00 min.
10:00-12:00 min.	17:00 min.
12:00-14:00 min.	19:00 min.
14:00-16:00 min.	21:00 min.
16:00-18:00 min.	23:00 min.
18:00-20:00 min.	25:00 min.

	LOAD (WEIGHT IN POUNDS)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	
ATTEMPT 6	
ATTEMPT 7	
ATTEMPT 8	

Heaviest Load (in Pounds) _____

Athlete Name _____
Print

Workout 5 Reps (for Tiebreak) _____

Workout Location _____

Judge _____
Judge Name

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

Athlete Copy

SEMIFINALS - UPPER EXTREMITY - WORKOUT 6

Heaviest Load (in Pounds) _____

Athlete Name _____
Print

Workout 5 Reps (for Tiebreak) _____

Workout Location _____

Judge _____
Judge Name

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