

WORKOUT 2

For time, completed anyhow:
80 dumbbell hang squat cleans
40 bar muscle-ups

Time cap: 15 minutes

♀ 35-lb (15-kg) dumbbells
♂ 50-lb (22.5-kg) dumbbells

WORKOUT VARIATIONS

Individuals, 16-54 age-group divisions

♀ 35-lb (15-kg) dumbbells
♂ 50-lb (22.5-kg) dumbbells

Teenagers 14-15, Masters 55-64 age-group divisions

♀ 20-lb (10-kg) dumbbells
♂ 35-lb (15-kg) dumbbells

Masters 65+ age-group divisions

♀ 20-lb (10-kg) dumbbells, perform 30 chest-to-bar pull-ups and 10 bar muscle-ups
♂ 35-lb (15-kg) dumbbells, perform 30 chest-to-bar pull-ups and 10 bar muscle-ups

QUICK START

- Start standing tall behind the dumbbells or below the pull-up bar.
- At “go,” pick up the dumbbells OR jump to the pull-up bar and begin accumulating reps.
- You can complete the movements in any order, using any rep scheme, alternating between the movements as needed.
 - Masters 65+ complete 80 dumbbell hang squat cleans, 30 chest-to-bar pull-ups, and 10 bar muscle-ups in any order or rep scheme
- Your score is the total time taken to complete the workout.
- Time stops at the lockout of the final rep when you have completed 80 dumbbell hang squat cleans and 40 bar muscle-ups.

NOTES

- There is no minimum or maximum number or reps that must be completed before alternating movements.
- Gymnastics grips cannot be used during the dumbbell hang squat cleans.
- For safety, the dumbbells MUST remain at least 5 feet from the pull-up bar.
- Athletes may NOT receive any assistance managing/moving their dumbbells.

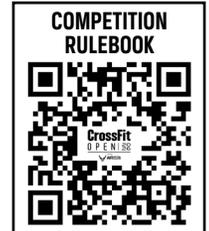
TIEBREAK:

- A tiebreak time will be taken after completing a total of 60 reps (combined from each movement).
 - Example 1: 50 dumbbell hang squat cleans + 10 bar muscle-ups = 60 reps, note tiebreak time.
 - Example 2: 30 dumbbell hang squat cleans + 30 bar muscle-ups = 60 reps, note tiebreak time.
 - Example 3: 60 dumbbell hang squat cleans = 60 reps, note tiebreak time.
 - The above list is NOT exhaustive
- Athletes who reach the time cap will enter their tiebreak time. In the event of a tie on reps completed, the athlete with the faster time will win the tiebreak.
- Athletes who complete the workout will not enter a tiebreak time.

EQUIPMENT

- Dumbbells
 - If using an adjustable dumbbell, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter).
 - Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.
- Pull-up bar
- Using tape on the pull-up bar AND gymnastics grips at the same time is NOT allowed.
- Tape MUST be used to indicate the dumbbells are 5 feet from the pull-up bar.

Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.



SHOP ROGUE GEAR



MOVEMENT STANDARDS

DUMBBELL HANG SQUAT CLEAN

REQUIREMENTS



1



2



3

1. Each rep starts with the dumbbells below the hips and the arms extended.
 - A clean from the ground is allowed, but not required, to start a set.
2. The dumbbells must be brought to the rack position and the athlete must squat below parallel (the crease of the hips descends below the knees).
 - The athlete may choose to complete a hang power clean then a front squat to meet the requirements of the movement.
3. The rep is credited when:
 - The dumbbells are at the shoulders.
 - The elbows are in front of the hands.
 - The hips and knees reach full extension.
 - The feet are in line.

COMMON NO-REPS

NOTE: This list is not exhaustive.



❌ Squatting at or above parallel.



❌ Not standing to full extension of the knees and hips and/or lowering the dumbbells before full extension of the knees and/or hips.

ADDITIONAL:

❌ Dumbbells closer than 5 feet to the pull-up bar.

MOVEMENT STANDARDS

BAR MUSCLE-UP

REQUIREMENTS



1



2



3

1. Start each rep with arms fully extended and feet off the ground.
2. Pass through some portion of a dip before locking out over the bar.
3. The rep is credited when:
 - Arms are fully extended in the support position.
 - Shoulders are directly over, or slightly in front of, the bar when viewed from the side.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✘ Starting a rep without full extension of the arms.



- ✘ Any portion of the foot rising above the pull-up bar during the kip.



- ✘ Any part of the arm (besides the hands) touching the bar during the rep.



- ✘ Lowering before reaching full extension of the arms at lockout (top of each rep).



- ✘ Removing the hands and/or resting on the torso while above the bar.

NOTE: Any other gymnastics movements are **NOT** allowed (e.g., uprises or rolls to support).

MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP (MASTERS 65+ ONLY)

REQUIREMENTS



1



2

1. Start each rep with arms fully extended and feet off the ground.
 - Any style of grip is permitted.
2. The rep is credited when the chest clearly contacts the bar at or below the collarbone.

NOTE: Any style of pull-up is permitted as long as the criteria above are met.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✘ Starting a rep without full extension of the arms.



✘ Making contact with the bar above the collarbone (neck or throat).



✘ Missing contact with the pull-up bar.

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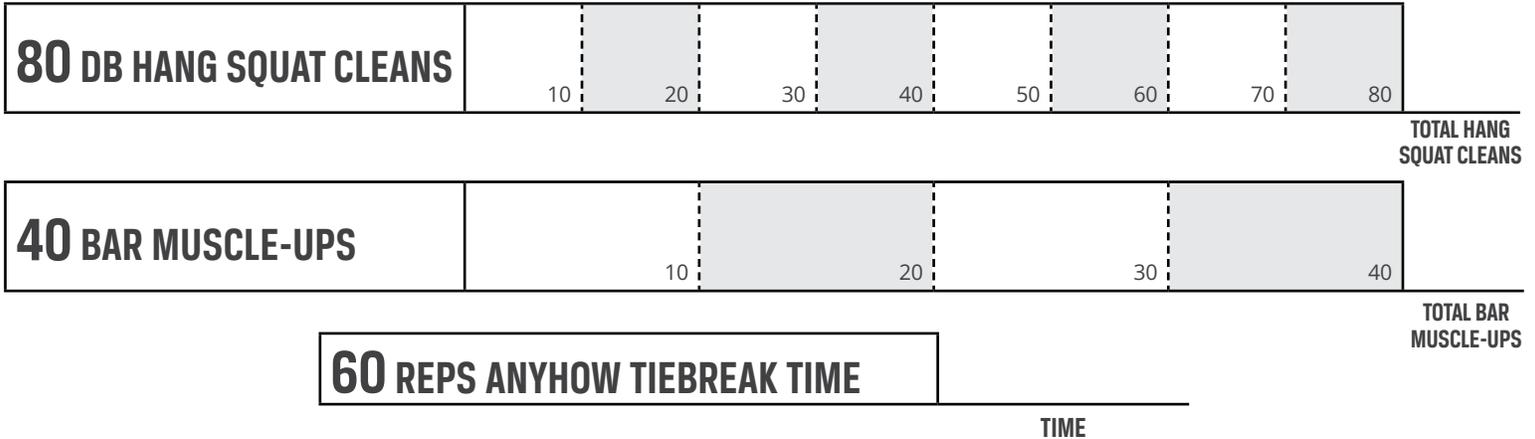
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TIME

Time or Reps at 15 Min. _____

Judge _____
Judge Name

Tiebreak Time _____

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

QUARTERFINALS - INDIVIDUAL & AGE-GROUP DIVISIONS - WORKOUT 2

Time or Reps at 15 Min. _____

Athlete Name _____
Print

Tiebreak Time _____

Affiliate _____

Date _____

Judge _____
Judge Name

Judge Signature



USE CODE:

QUARTERVELITES26

SCAN TO SUBMIT SCORE

