

WORKOUT 3 (2015 AGOQ3 REPEAT)

2 rounds for time of:

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

♀ 45 lb (20 kg)
♂ 65 lb (29 kg)

Time cap: 25 minutes

WORKOUT VARIATIONS

16-54 age-group divisions:

♀ 45 lb (20 kg)
♂ 65 lb (29 kg)

14-15 age-group divisions:

♀ 35 lb (15 kg)
♂ 45 lb (20 kg)

55+ age-group divisions:

♀ 35 lb (15 kg), chin-over-bar pull-ups
♂ 45 lb (20 kg), chin-over-bar pull-ups

QUICK START

- Start seated on the rower with your hands off the handle.
- At "go," grab the handle and begin rowing.
- When the rower reaches 1,000 meters, exit the rower and complete 50 thrusters.
 - The barbell must remain at least 5 feet away from the pull-up bar.
 - You must face the camera.
- Then, move to the pull-up bar and complete 30 chest-to-bar pull-ups.
 - You must face the camera.
- Then, complete 1 more round of a 1,000-meter row, 50 thrusters, and 30 chest-to-bar pull-ups.
 - The rower must be reset to 0 before beginning the second row.
 - Athletes may have assistance resetting the rower.
- Time stops at the completion of the final chest-to-bar pull-up (contact of the pull-up bar/chin over of the pull-up for 55+ age-group divisions).
- Your score is the total time taken to complete the workout.

NOTES

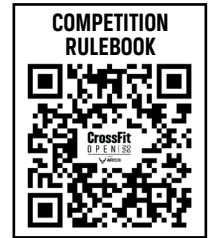
- Athletes may have assistance resetting the rower between rounds.
- The barbell must remain at least 5 feet away from the pull-up bar.
- The rower cannot be staged directly in front of, or behind, the pull-up bar.
- The athlete must face the camera during the thrusters and chest-to-bar pull-ups.
- Athletes may move the camera to capture the rower monitor.

TIEBREAK

- A tiebreak time will be taken after each set of thrusters. The last set of thrusters completed will be your tiebreak time.
- Athletes who complete the workout will not enter a tiebreak time.
- In the event of a tie on reps completed, your last completed set of thrusters will be your tiebreak time.

EQUIPMENT

- Rower
 - A Concept2 or Rogue Echo Rower are the only rowers permitted.
- Barbell
 - Men are required to use a barbell with a minimum 28-millimeter diameter (e.g., a 45-lb/20-kg barbell or a Rogue C70/C70s barbell).
 - Women are required to use a barbell with a minimum 25-millimeter diameter (e.g., a 35-lb/15-kg barbell or a Rogue C68/C68s barbell).
 - Training barbells or other specialty barbells are not allowed.
- Bumper plates
 - Maximum of 18 inches (45 centimeters) diameter.
- Collars
- Pull-up bar
- Tape **MUST** be used to indicate 5-foot spacing is maintained between all equipment.



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

PENALTIES

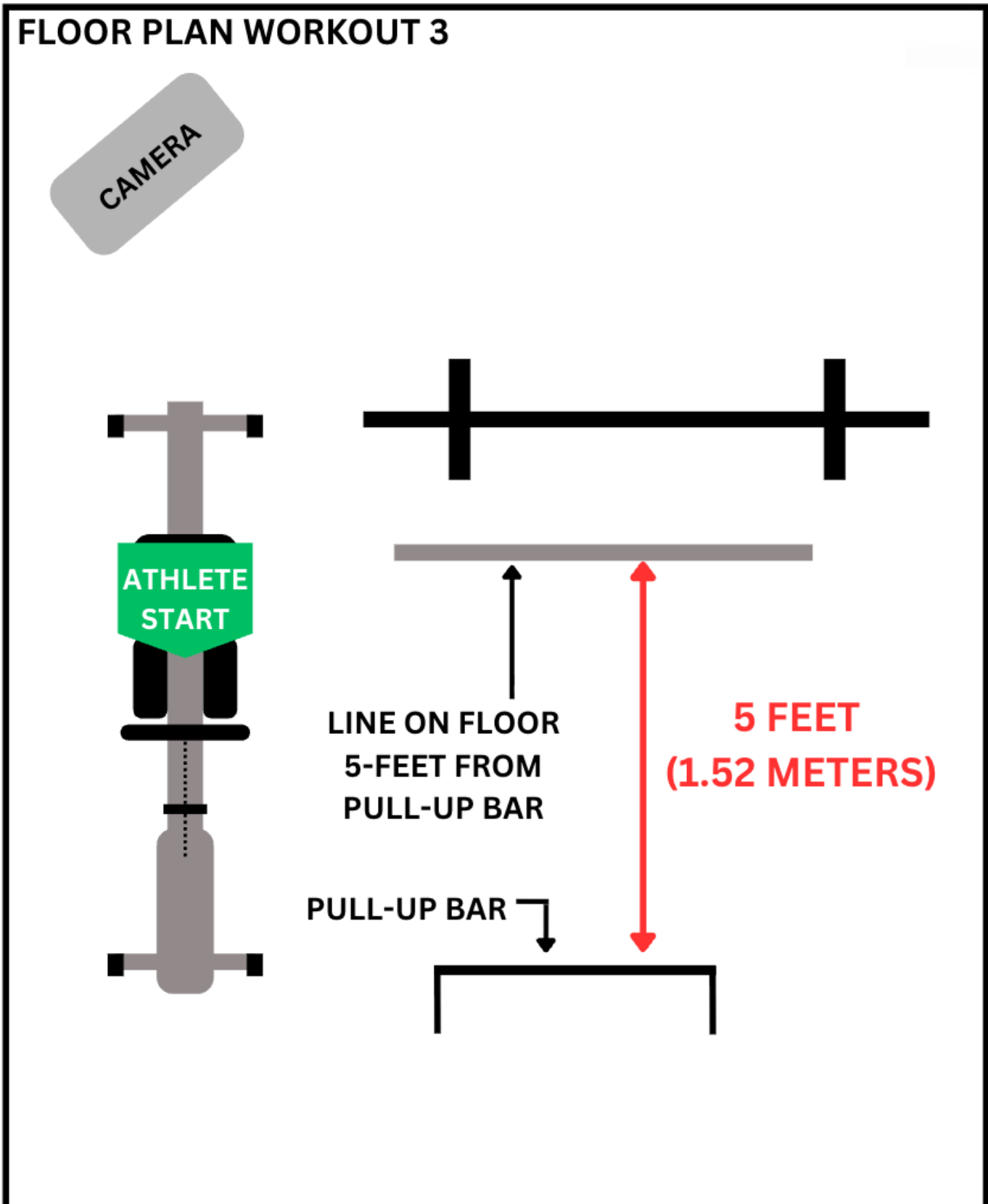
Penalties may be applied to the athlete's total score if CrossFit HQ conducts a review of your video. CrossFit will review videos that receive significant public downvotes.

- The following penalties will be applied to the athlete's total score:
 - False start: athlete touches the rower paddle before "go" = 5-second penalty
 - Leaving the rower before 1,000 meters = 10-second penalty
 - Pull-up no-rep (to include facing away from the camera) = 2-second penalty
 - Thruster no-rep (to include facing away from the camera) = 4-second penalty
- If an athlete advances before completing the specified number of reps or meters/cals, their score will stop at the last correctly completed rep.
 - Example: The athlete is required to do 10 reps, but moves on at Rep 7. The athlete's score will be 7, regardless of the total number of repetitions completed after moving forward incorrectly.
- Editing a video submission in **ANY** way (to include adding a clock) may result in a 0 score, invalidation, or further sanction.

See Section 4, "Online Semifinals," in the [2026 CrossFit Games Rulebook](#) for video review penalty information.



The floor plan below is one option based on the **REQUIRED** 5-foot distances.
Any floor plan that allows for the 5-foot distances and full video-capture of each movement may be used.



MOVEMENT STANDARDS

ROW

REQUIREMENTS



1



2

1. The monitor must be set to 0 at the beginning of each row.
 - The monitor must count UP to the designated distance.
 - Any damper setting may be used.
2. Remain seated until the monitor clearly reads 1,000 meters.

NOTE:

- Gymnastics grips are **NOT** allowed on the rower.
- The monitor **MUST** be clearly shown at the end of each row.
- The camera may be moved to meet this requirement. Using multiple cameras is **NOT** allowed.
- Athletes may receive assistance resetting the rower between rounds.
- If the time cap is reached during the row, record the meters completed when the rower comes to rest. Every 100 meters (rounded down) will count as 1 rep.
 - Example: The monitor reads 287 meters when it comes to rest. This will be recorded as 2 reps completed during the row.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✗ Standing up from the rower prior to reaching 1,000 meters.
- ✗ Starting the final round without resetting the monitor to 0.

MOVEMENT STANDARDS

THRUSTER

REQUIREMENTS



1



2

1. The crease of the hips must clearly pass below the top of the knees in the bottom position (below parallel).
2. The rep is credited when:
 - Hips, knees, and arms are fully extended.
 - The bar is directly over, or behind, the middle of the body when viewed from the side.

NOTES:

- Each round of thrusters begins with the barbell on the ground. A squat clean is allowed, but not required, to start a set.
- The barbell must remain at least 5 feet from the pull-up bar.
- Athletes cannot elevate the barbell off the ground, even when using small plates or an empty bar.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Squatting to parallel or above parallel (the hip crease is at or above the knee).



- ✗ Lowering the barbell before reaching full extension of the knees, hips, or arms.



- ✗ Finishing with the barbell in front of the body.

ADDITIONAL:

- ✗ Performing a front squat followed by any style of jerk (rebending the hips and/or legs) is **NOT** allowed.
- ✗ Stepping on or over the line 5 feet from the pull-up bar.
- ✗ Any reps facing away from the camera will not count.

MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP

REQUIREMENTS



1



2



55+ ONLY

3

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.

3. 55+ athletes ONLY:

- The rep is credited when the chin clearly breaks the horizontal plane of the pull-up bar.

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.



- ✗ **55+ ONLY:** Not breaking the horizontal plane of the pull-up bar with the chin.

ADDITIONAL:

- ✗ Any reps completed with the barbell closer than 5 feet to the pull-up bar.
- ✗ Any reps completed facing away from the camera.

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1,000-METER ROW	10	
50 THRUSTERS	60	
30 CHEST-TO-BAR PULL-UPS	90	TIME
1,000-METER ROW	100	
50 THRUSTERS	150	
30 CHEST-TO-BAR PULL-UPS	180	TIME

Head Judge _____
Head Judge Name

Time or Reps at 25 Min. _____

Judge _____
Judge Name

Tiebreak Time _____

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

AGE-GROUP SEMIFINALS WORKOUT 3

Time or Reps at 25 Min. _____

Tiebreak Time _____



Athlete Name _____
Print

AFFILIATE _____ Date _____

Judges _____
Head Judge Name Judge Name

Judge Signatures

SCAN TO SUBMIT SCORE



2026 CROSSFIT VIDEO SUBMISSION CHECKLIST

- Introduce the Head Judge and Floor Judge prior to the workout.
- Ensure both judges possess the following by searching for each judge on the score submission screen:
 - L1 Certificate or higher
 - Advanced Judges Course
 - Valid judges names will auto populate, judges whose credentials are not valid will not appear as options.
- State the password and/or show the date and time via time.is.
- Ensure the Floor Judge is visible on camera during the entire workout.
- Film **ALL** competition measurements:
 - Loading of any required equipment.
 - Height/dimensions of any required equipment.
 - Distances between equipment.
- Use the camera placement provided in the floor plan. Place the camera at least 3 feet off the ground.
 - The camera **MAY** be moved in order to show all movements, provided the athlete remains in frame when performing work.
 - Ensure the floor judge is visible on camera but does not obstruct the view of the athlete.
 - Ensure the athlete is shown from the required angle(s).
- Videos must be uncut and unedited. Using multiple cameras is not allowed. Videos shot with a fisheye lens or other effect may be rejected.
- A clock or timer must be visible throughout the workout. Do **NOT** use a countdown timer.
- Review the quality of your video submission on YouTube prior to submitting the link with your score.
- Submit a working YouTube link at the time of your score submission.