

WORKOUT 5

12-9-6 reps for time of:

Thrusters
Muscle-ups

♀ 125 lb (56 kg)

♂ 185 lb (83 kg)

Time cap: 10 minutes

QUICK START

- Start standing under the rings.
- At “go,” move to the barbell and complete 12 thrusters.
 - You must face the camera during both movements.
- Then, move to the rings and complete 12 muscle-ups.
- Next, return to the barbell and complete 9 thrusters.
- Then, return to the rings and complete 9 muscle-ups.
- Then, return to the barbell and complete 6 thrusters.
- Finally, return to the rings and complete 6 muscle-ups.
- Time stops when you reach lockout of the final muscle-up.

NOTES

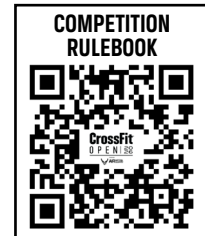
- Athletes CANNOT receive assistance with their barbell or rings at any time.
- The barbell must be 5 feet (1.5 meters) from the rings.
- Athletes must face the camera during both movements.
- Gymnastics grips may not be used during the thrusters.

TIEBREAK

- A tiebreak time will be taken after each round. The last completed round 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, the athlete with the faster tiebreak time will win.

EQUIPMENT

- 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
- Rings
- Tape **MUST** be used to mark the 5-foot distance between the barbell and rings.



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, leaves the rings before "go" = 10-second penalty
 - Muscle-up no-rep, to include facing away from the camera or having an obstructed view = 5-second penalty
 - Thruster no-rep, to include facing away from the camera = 10-second penalty
 - Receiving assistance with the barbell or rings = 5-second penalty for each instance
- If an athlete advances before completing the specified number of reps or meters/calories, their score will stop at the last correctly completed rep.
 - For example, the athlete is required to do 12 reps but moves on at Rep 11. The athlete's score will be 11, 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.

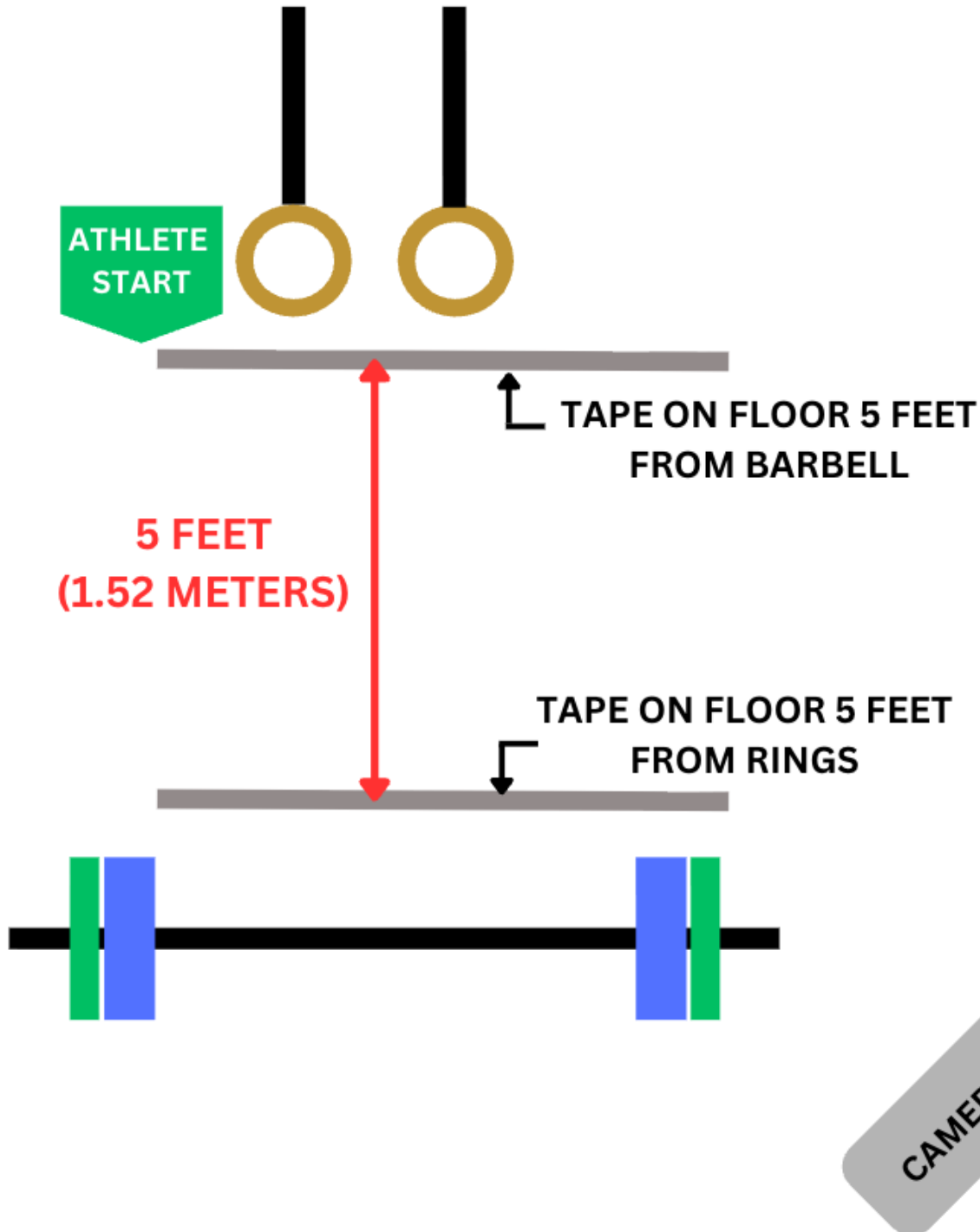
SHOP ROGUE GEAR



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.

FLOOR PLAN WORKOUT 5



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.
- Any time you return to the rings, the barbell must remain at least 5 feet from the rings.
- Athletes must face the camera during the thrusters.
- Gymnastics grips may not be used during the thrusters.

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 rings.
- ✗ Any reps facing away from the camera will not count.

MOVEMENT STANDARDS

MUSCLE-UP

REQUIREMENTS



1



2



3

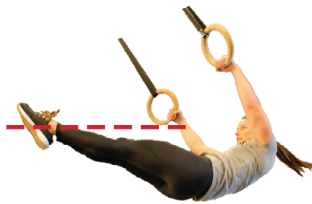
1. Begin each rep hanging with arms fully extended and feet off the ground.
2. Athletes must pass through some portion of a dip before reaching lockout.
 - Kipping is allowed, but uprises, swings/rolls to support, or other gymnastics movements are not permitted.
3. The rep is credited when:
 - Elbows are fully locked out.
 - Shoulders are directly above, or slightly in front of, the hands.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✘ Starting the rep with flexed (bent) arms.



- ✘ Any part of the foot rising above the bottom of the rings during the kip.



- ✘ Not reaching full extension of the elbows.



- ✘ Reaching lockout with the shoulders behind the hands (locking out while falling away from the rings).

ADDITIONAL:

- ✘ Any other gymnastics movements are **NOT** allowed (e.g., uprises or rolls to support).
- ✘ Any reps completed facing away from the camera will **NOT** count.
- ✘ Any reps completed with the barbell closer than 5 feet to the rings will **NOT** count.

WORKOUT 5

12-9-6 reps for time of:

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Muscle-ups

♀ 125 lb (56 kg)
♂ 185 lb (83 kg)

Time cap: 10 minutes

12 THRUSTERS	12	
12 MUSCLE-UPS	24	
9 THRUSTERS	33	TIME
9 MUSCLE-UPS	42	
6 THRUSTERS	48	TIME
6 MUSCLE-UPS	54	

Head Judge _____
Head Judge Name

Time or Reps at 10 Min. _____

Judge _____
Judge Name

Tiebreak Time _____

Athlete _____
Athlete Name

Athlete Signature

INDIVIDUAL SEMIFINALS WORKOUT 5

Time or Reps at 10 Min. _____

Tiebreak Time _____

Zenni - 10% OFF



Code CROSSFIT

HEAD JUDGE _____
Head Judge Name Judge Name Judge Signatures

AFFILIATE _____ DATE _____

ATHLETE _____
Athlete Name Athlete Signature

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.