

WORKOUT 5

For time, each teammate completes:

9 thrusters
6 muscle-ups
15 thrusters
9 muscle-ups
21 thrusters
12 muscle-ups

♀ 80 lb (36 kg)

♂ 115 lb (52 kg)

Time cap: 25 minutes

QUICK START

- The team can choose any order for their athletes to complete the workout.
- The first athlete begins standing tall behind the barbell.
- At “go,” the first athlete picks up the barbell and completes 9 thrusters.
- Then, the athlete moves to the rings and completes 6 muscle-ups.
- The first athlete will continue for 15 thrusters, 9 muscle-ups, 21 thrusters, and 12 muscle-ups.
- When the first athlete has finished (locked out their final muscle-up), the next athlete may pick up the barbell and begin their thrusters.
- Continue in this sequence until all four athletes have completed the workout.
- Time stops when the final athlete locks out their final muscle-up.
- The team’s score is the total time taken to complete the workout.

NOTES

- The team may send athletes in any order.
- The next athlete cannot begin until the previous athlete is finished (locked out their final muscle-up).
- Teams must use one pair of rings.
 - Teammates can help each other to the rings and/or use a riser.
- Teammates may adjust the barbells for the other athletes. No outside help is allowed.
 - Any barbell orientation is OK as long as both bars are 5 feet or more from the rings **AND** athletes face the camera during the thrusters.

TIEBREAK

- A tiebreak time will be taken after each athlete completes their portion of the workout (locks out the final muscle-up).
- The last teammate to complete their portion of the workout will be the team’s tiebreak time.
- Teams that finish the workout will not enter a tiebreak time.
- In the event of a time cap where teams tie on total reps completed, the team with the faster tiebreak time will win the tie.

SYNCHRO REQUIREMENTS

- None

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.
- Rings
- Tape to mark the 5-foot line away from the rings

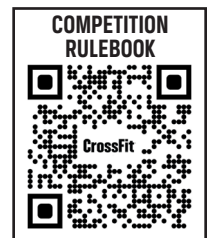
Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.

PENALTIES

Penalties may be applied to the team'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 team's total score:
 - False start, reaching for the barbell before "go" or before their teammate has completed their work = 10-second penalty
 - Muscle-up no-rep, to include facing away from the camera = 5-second penalty
 - Thruster no-rep, to include facing away from the camera = 10-second penalty
 - Receiving assistance from a nonteam member with the barbell or rings = 5-second penalty for each instance
- If an athlete advances before completing the specified number of reps, 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 team'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 timer) 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.



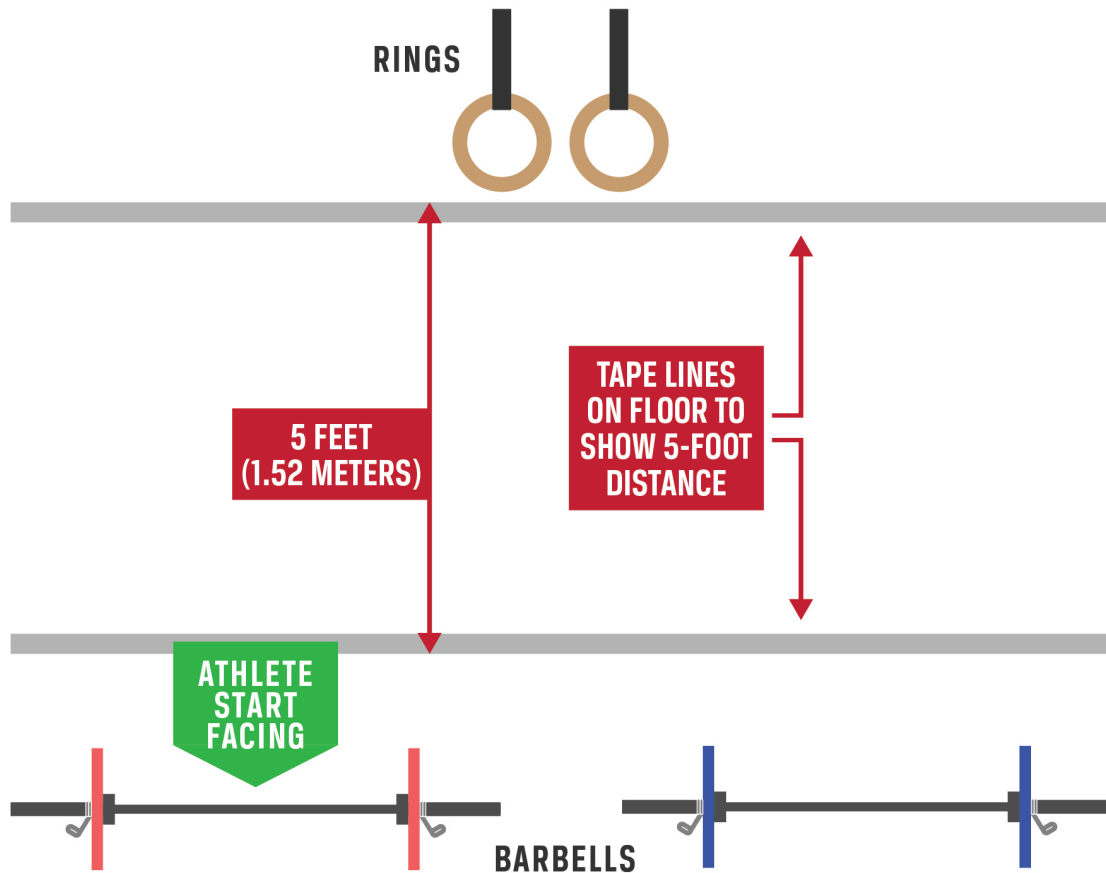
SHOP ROGUE GEAR



The floor plan below is one option based on the **REQUIRED** 5-foot distance.

Any floor plan that allows for the 5-foot distance 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.
- Both barbells must remain behind the 5-foot line at all times.
- Athletes must face the camera.

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.

NOTES:

- Performing a front squat followed by any style of jerk (rebending the hips and/or legs) is **NOT** allowed.
- Any reps facing away from the camera will not count.
- Stepping on or over the line at any time is a no-rep.

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.

NOTES:

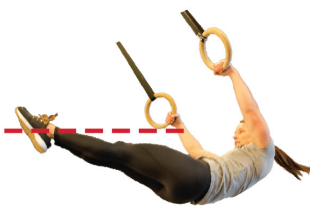
- Muscle-ups must be completed facing the camera.
- Teammates may assist each other to the rings and/or use risers.

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:

- ✗ Facing away from the camera.
- ✗ Any reps completed with either bar closer than 5 feet from the rings will not count.

WORKOUT 5

For time, each teammate completes:

- 9 thrusters
- 6 muscle-ups
- 15 thrusters
- 9 muscle-ups
- 21 thrusters
- 12 muscle-ups

- ♀ 80 lb (36 kg)
- ♂ 115 lb (52 kg)

Time cap: 25 minutes

ATHLETE 1	9 THRUSTERS	9	
	6 MUSCLE-UPS	15	
	15 THRUSTERS	30	
	9 MUSCLE-UPS	39	
	21 THRUSTERS	60	
	12 MUSCLE-UPS	72	
ATHLETE 2	9 THRUSTERS	81	TIME
	6 MUSCLE-UPS	87	
	15 THRUSTERS	102	
	9 MUSCLE-UPS	111	
	21 THRUSTERS	132	
	12 MUSCLE-UPS	144	
ATHLETE 3	9 THRUSTERS	153	TIME
	6 MUSCLE-UPS	159	
	15 THRUSTERS	174	
	9 MUSCLE-UPS	183	
	21 THRUSTERS	204	
	12 MUSCLE-UPS	216	
ATHLETE 4	9 THRUSTERS	225	TIME
	6 MUSCLE-UPS	231	
	15 THRUSTERS	246	
	9 MUSCLE-UPS	255	
	21 THRUSTERS	276	
	12 MUSCLE-UPS	288	

Head Judge _____
Head Judge Name

Tiebreak Time _____

Judge _____
Judge Name

Time or Reps at 25 Min. _____

Team _____
Team Name

Athlete Signature

Athlete Copy

TEAM SEMIFINALS - WORKOUT 5

Tiebreak Time _____

Time or Reps at 25 Min. _____

ZENNI - 10% OFF



CODE: CROSSFIT

Head Judge _____
Head Judge Name Judge Name Judge Signatures

Affiliate _____ Date _____

Team _____
Team 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 it written on a whiteboard.
- 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.