



WORKOUT 13.5 17:00 PT Wed, Apr 3 through 17:00 PT Sun, Apr 7

Week 5 presented by **CrossFit HOPE**

WORKOUT Complete as many reps as possible in 4 minutes of:

<p>15 Barbell Thrusters 15 Pull-ups</p> <p>If 90 reps (3 rounds) are completed in under 4 minutes, time extends to 8 minutes. If 180 reps (6 rounds) are completed in under 8 minutes, time extends to 12 minutes. If 270 reps (9 rounds) are completed in under 12 minutes, time extends to 16 minutes. Etc.</p>	Men <small>Includes Masters Men up to 54 years old</small>	Women <small>Includes Masters Women up to 54 years old</small>
	100 pound Thruster, 15 reps 15 Chest to bar Pull-ups	65 pound Thruster, 15 reps 15 Chest to bar Pull-ups
	Masters Men <small>Includes Masters Men 55+</small>	Masters Women <small>Includes Masters Women 55+</small>
	65 pound Thruster, 15 reps 15 Chin over bar Pull-ups	45 pound Thruster, 15 reps 15 Jumping chest to bar Pull-ups

NOTES

Please be sure to watch the entire [workout instruction video](#).

This workout begins from the standing position with the barbell on the floor and the Athlete standing tall. Using a ball, box or other object to check for proper depth is not allowed. Every rep counts in this workout. You will enter your score as the total number of reps. See the Scorecard for assistance in calculating the rep total.

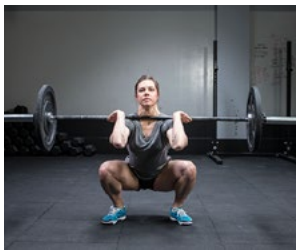
TIME BONUS

This workout begins as a standard four-minute AMRAP of 15 thrusters and 15 chest-to-bar pull-ups. If the Athlete completes 90 reps (three complete rounds) before the time cap, there is a four-minute time bonus. The workout is now an eight-minute AMRAP.

The Athlete can continue working as fast as possible (i.e. there is no requirement to rest or wait until four minutes are up). For example, if an athlete completes three rounds in 3:00, their time is extended to 8:00 and they can immediately begin working on their fourth round, with five minutes remaining.

Now, if the Athlete completes 180 reps (six complete rounds) before the eight-minute time cap, there is another four-minute time bonus. The workout is now a 12-minute AMRAP. If the Athlete completes 270 reps (9 complete rounds) before the 12-minute mark, the workout becomes a 16-minute AMRAP. This pattern repeats indefinitely, as long as an additional 90 reps are completed before the time cap.

MOVEMENT STANDARDS



Bottom of Thruster

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground.



Top of Thruster

The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.



Bottom of Pull-up

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. The arms must be fully extended at the bottom.



Top of Pull-up

At the top, the chest must clearly come into contact with the bar. For Masters Men (55+), touching the chest is not required, but the chin must break the horizontal plane of the bar.

EQUIPMENT

To complete this workout you will need:

- A barbell that is loaded to the appropriate weight for your division
- A pull-up bar

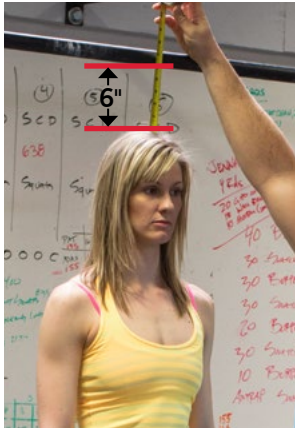
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 45 kg for the Men, 29 kg for the Women, 29 kg for the Masters Men, 20 kg for the Masters Women.

VIDEO SUBMISSION STANDARDS

Click [here](#) to see an example of a valid video submission.

Prior to starting, film the plates and barbell to be used so the loads can be clearly seen. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from the side so that it is clear that proper depth and lock out is being reached on the thrusters and the chest can be seen touching the bar on the pull-ups.

JUMPING CHEST TO BAR PULL-UP STANDARDS FOR MASTERS WOMEN 55+



Measurement of the bar

The pull-up bar should be setup so it is at least 6 inches above the top of the Athlete's head when standing tall.



Bottom of Jumping Pull-up

At the bottom, the Athlete must lower herself so her arms are fully extended.



Top of Pull-up

At the top, the chest must clearly come into contact with the bar.



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SCORECARD Complete as many reps as possible in 4 minutes of:
 15 Barbell Thrusters
 15 Pull-ups

Men	100 lbs / Chest to bar Pull-ups
Women	65 lbs / Chest to bar Pull-ups
Masters Men	65 lbs / Chin over bar Pull-ups
Masters Women	45 lb / Jumping chest to bar Pull-ups

Round	Thrusters (15)	Pull-ups (15)	
1			30
2			60
3			90
Move on if completed in under 4 minutes			
4			120
5			150
6			180
Move on if completed in under 8 minutes			
7			210
8			240
9			270
Move on if completed in under 12 minutes			
10			300
11			330
12			360

Athlete Name _____ (Print) Total Reps _____

Workout Location _____ (Name of Affiliate) Judge _____ (Print) Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for workout 13.5 _____ Athlete Signature _____ Date _____

Affiliate Copy
 Athlete Copy

Athlete Name _____ (Print) Total Reps _____

Workout Location _____ (Name of Affiliate) Judge _____ (Print) Has Judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents this performance for workout 13.5 _____ Judge Signature _____ Date _____