



WORKOUT 14.2 17:00 PT Thur, March 6 through 17:00 PT Mon, March 10

Week 2 presented by



WORKOUT Complete the following every 3 minutes for as long as possible:

From 0:00-3:00 2 rounds of: 10 overhead squats 10 chest-to-bar pull-ups From 3:00-6:00 2 rounds of: 12 overhead squats 12 chest-to-bar pull-ups From 6:00-9:00 2 rounds of: 14 overhead squats 14 chest-to-bar pull-ups Etc., following same pattern until you fail to complete both rounds	MEN <small>Includes Masters Men up to 54 years old</small>	WOMEN <small>Includes Masters Women up to 54 years old</small>
	95-lb. overhead squats Chest-to-bar pull-ups	65-lb. overhead squats Chest-to-bar pull-ups
	MASTERS MEN <small>Includes Masters Men 55+</small>	MASTERS WOMEN <small>Includes Masters Women 55+</small>
	65-lb. overhead squats Chin-over-bar pull-ups	45-lb. overhead squats Jumping chest-to-bar pull-ups

NOTES

Each 3-minute section 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 three-minute couplet of two rounds of 10 overhead squats and 10 chest-to-bar pull-ups. If you complete all 40 reps (two complete rounds) before the time cap you will rest until the three minutes is up before beginning the next segment. In the second segment, minute 3 to minute 6, you will attempt two rounds of 12 overhead squats and 12 chest-to-bar pull-ups. If you complete all 48 reps (two complete rounds) before the time cap you will rest until the six

minutes is up before beginning the next segment. In the third segment, minute 6 to minute 9, you will attempt two rounds of 14 overhead squats and 14 chest-to-bar pull-ups. If you complete all 56 reps (two complete rounds) before the time cap you will rest until the nine minutes is up before beginning the next segment. You will continue in this pattern for as long as possible. Sixteen reps of each during minutes 9 to 12, 18 reps of each during minutes 12 to 15, etc.

Your workout is over whenever you do not complete two full rounds of the couplet within the time cap and your score will be the total number of reps you complete.

For example, if you complete the first two rounds of 10s (40 reps) in 2:30, you will rest until 3:00 before beginning the rounds of 12s. If you then complete one full round of 12s plus an additional 10 overhead squats (34 reps) by minute 6, your workout is over. Your score will be 74 (40 reps from the first segment plus 34 reps from the second segment).

MOVEMENT STANDARDS

OVERHEAD SQUAT



The hip crease must be below the top of the knee at the bottom. A full squat snatch is permitted, but not required, to start the movement if standard depth is achieved.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. You may not use a rack.

CHEST-TO-BAR 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.



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



JUMPING CHEST-TO-BAR PULL-UPS (MASTERS WOMEN 55+)



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.



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



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

EQUIPMENT:

- Barbell
- Collars
- Plates to load to the appropriate weights for your division
- Pull-up bar

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg for the Men and, 29 kg for the Women, 29 kg for the Masters Men, 20 kg for the Masters Women.

VIDEO SUBMISSION STANDARDS:

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. 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 it is clear that proper depth and lockout is being reached on the overhead squats and the chest can be seen touching the bar on the pull-ups.



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SCORECARD Every 3 minutes for as long as possible:
Overhead squats
Chest-to-bar pull-ups

Men	95 lb. / Chest-to-bar pull-ups
Women	65 lb. / Chest-to-bar pull-ups
Masters Men	65 lb. / Chin-over-bar pull-ups
Masters Women	45 lb. / Jumping chest-to-bar pull-ups

0:00 - 3:00	10 OVERHEAD SQUATS	
	10 CHEST-TO-BAR PULL-UPS	
	10 OVERHEAD SQUATS	
	10 CHEST-TO-BAR PULL-UPS	40

9:00 - 12:00	16 OVERHEAD SQUATS	
	16 CHEST-TO-BAR PULL-UPS	
	16 OVERHEAD SQUATS	
	16 CHEST-TO-BAR PULL-UPS	208

3:00 - 6:00	12 OVERHEAD SQUATS	
	12 CHEST-TO-BAR PULL-UPS	
	12 OVERHEAD SQUATS	
	12 CHEST-TO-BAR PULL-UPS	88

12:00 - 15:00	18 OVERHEAD SQUATS	
	18 CHEST-TO-BAR PULL-UPS	
	18 OVERHEAD SQUATS	
	18 CHEST-TO-BAR PULL-UPS	280

6:00 - 9:00	14 OVERHEAD SQUATS	
	14 CHEST-TO-BAR PULL-UPS	
	14 OVERHEAD SQUATS	
	14 CHEST-TO-BAR PULL-UPS	144

15:00 - 18:00	20 OVERHEAD SQUATS	
	20 CHEST-TO-BAR PULL-UPS	
	20 OVERHEAD SQUATS	
	20 CHEST-TO-BAR PULL-UPS	360

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N Online Judges Course?
Name of Affiliate Print

I confirm the information above accurately represents my performance for workout 14.2 _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ Has Judge passed CrossFit's Y / N Online Judges Course?
Name of Affiliate Print

I confirm the information above accurately represents the athlete's performance for workout 14.2 _____
Judge Signature Date