



WORKOUT 14.3 17:00 PT Thur, March 13 through 17:00 PT Mon, March 17

Week 3 presented by



WORKOUT Complete as many reps as possible in 8 minutes of:

MEN <small><i>Includes Masters Men up to 54 years old</i></small>	WOMEN <small><i>Includes Masters Women up to 54 years old</i></small>
135-lb. deadlifts, 10 reps 15 box jumps, 24-inch 185-lb. deadlifts, 15 reps 15 box jumps, 24-inch 225-lb. deadlifts, 20 reps 15 box jumps, 24-inch 275-lb. deadlifts, 25 reps 15 box jumps, 24-inch 315-lb. deadlifts, 30 reps 15 box jumps, 24-inch 365-lb. deadlifts, 35 reps 15 box jumps, 24-inch	95-lb. deadlifts, 10 reps 15 box jumps, 20-inch 135-lb. deadlifts, 15 reps 15 box jumps, 20-inch 155-lb. deadlifts, 20 reps 15 box jumps, 20-inch 185-lb. deadlifts, 25 reps 15 box jumps, 20-inch 205-lb. deadlifts, 30 reps 15 box jumps, 20-inch 225-lb. deadlifts, 35 reps 15 box jumps, 20-inch
MASTERS MEN <small><i>Includes Masters Men 55+</i></small>	MASTERS WOMEN <small><i>Includes Masters Women 55+</i></small>
95-lb. deadlifts, 10 reps 15 box jumps, 20-inch 135-lb. deadlifts, 15 reps 15 box jumps, 20-inch 185-lb. deadlifts, 20 reps 15 box jumps, 20-inch 225-lb. deadlifts, 25 reps 15 box jumps, 20-inch 275-lb. deadlifts, 30 reps 15 box jumps, 20-inch 315-lb. deadlifts, 35 reps 15 box jumps, 20-inch	65-lb. deadlifts, 10 reps 15 box jumps, 20-inch 95-lb. deadlifts, 15 reps 15 box jumps, 20-inch 115-lb. deadlifts, 20 reps 15 box jumps, 20-inch 135-lb. deadlifts, 25 reps 15 box jumps, 20-inch 155-lb. deadlifts, 30 reps 15 box jumps, 20-inch 185-lb. deadlifts, 35 reps 15 box jumps, 20-inch

NOTES

This workout begins from the standing position with the barbell on the floor and the Athlete standing tall. Each time the athlete returns to the deadlift they will be responsible for loading their own barbell to the next appropriate weight. The same barbell must be used for the entire workout, and the Athlete may not receive assistance when changing the loads. Using additional pre-loaded barbells is not permitted.

Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the total number of reps completed plus your tiebreak time (see below).

SPECIAL TIEBREAK

In this workout, we are using a special tiebreak method. At the end of each set of 15 box jumps time should be marked. When you submit your

final result, your score will be the number of reps completed. There will be another field in which you will enter the time of the last completed sets of box jumps.

For example, a male athlete finishes all the reps up to and including 25 deadlifts at 275 lb. plus an additional 5 box jumps, for a total of 120 reps. This is his score. He also finished the 15th box jump of the round with 135 lb. in 0:45, the 15th box jump of the round with 185 lb. in 2:14, and the 15th box jump of the round with 225 lb. in 6:32. In this case he will enter 6:32 as his time in the tiebreak field since this was the time of completion of his last full set of box jumps. This athlete would be ranked above someone who got 120 reps and a tiebreak time of 7:02, but below someone with 120 reps and a tiebreak time of 6:11.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended that you set your clock to count up.



Week 3 presented by



MOVEMENT STANDARDS

DEADLIFT

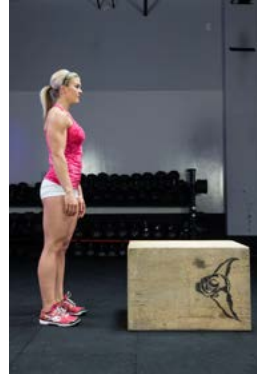


This is a traditional deadlift with the hands outside the knees. Sumo-deadlifts are not allowed.



Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout.

BOX JUMP



Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box.



You may jump or step up or down as long as both feet start on the ground and both feet end on the box in control.

EQUIPMENT

- One Barbell
- Collars
- Plates to load to the appropriate weights for your division
- Box that is the appropriate height for your division

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are:

Men: 61, 84, 102, 125, 143, 166 kg

Women: 43, 61, 70, 84, 93, 102 kg

Masters Men 55+: 43, 61, 84, 102, 125, 143 kg

Masters Women 55+: 29, 43, 52, 61, 70, 84 kg

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly, as well as measuring the height of the box. 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 the shoulders are behind the bar at the top of the deadlift, and the standing position can be seen while on top of the box.



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SCORECARD

Men	135, 185, 225, 275, 315, 365 lb. / 24" Box jump
Women	95, 135, 155, 185, 205, 225 lb. / 20" Box jump
Masters Men	95, 135, 185, 225, 275, 315 lb. / 20" Box jump
Masters Women . . .	65, 95, 115, 135, 155, 185 lb. / 20" Box jump

Complete as many reps as possible in 8 minutes of:

10 DEADLIFTS 135 / 95 / 95 / 65 LB.		10	
15 BOX JUMPS		25	
15 DEADLIFTS 185 / 135 / 135 / 95 LB.		40	TIME
15 BOX JUMPS		55	
20 DEADLIFTS 225 / 155 / 185 / 115 LB.		75	TIME
15 BOX JUMPS		90	
25 DEADLIFTS 275 / 185 / 225 / 135 LB.		115	TIME
15 BOX JUMPS		130	
30 DEADLIFTS 315 / 205 / 275 / 155 LB.		160	TIME
15 BOX JUMPS		175	
35 DEADLIFTS 365 / 225 / 315 / 185 LB.		210	TIME
15 BOX JUMPS		225	
			TIME

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____
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 14.3 _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____
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 14.3 _____
Judge Signature Date