



WORKOUT 14.5 17:00 PT Thur, March 27 through 17:00 PT Mon, March 31

Week 5 presented by



WORKOUT 21-18-15-12-9-6-3 reps for time of:

MEN <small>Includes Masters Men up to 54 years old</small>	WOMEN <small>Includes Masters Women up to 54 years old</small>
95-lb. thrusters Burpees	65-lb. thrusters Burpees
MASTERS MEN <small>Includes Masters Men 55+</small>	MASTERS WOMEN <small>Includes Masters Women 55+</small>
65-lb. thrusters Burpees	45-lb. thrusters Burpees

NOTES

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 second counts in this workout. Your score will be the time that it takes to complete all 168 repetitions. There is no time cap for this workout.

This workout ends when the feet land on the other side of the bar on the final rep. Time will be recorded in full seconds. Do not round up. If you finish in 14:34.8, your score is 14:34.

EQUIPMENT

- Barbell
- Plates to load to the appropriate weight for your division
- * If you do not use standard size bumper plates on the barbell you will also need:
- A 9.5-inch high target to jump over on the burpees

** 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 thrusters and the chest and thighs can be seen touching the ground on the burpees.

Note: Depending on your performance, this video may be longer than previous workouts. Be sure you have enough battery life, memory, and time to upload your video. You may need to [increase your limit on YouTube](#) to allow a longer video.

MOVEMENT STANDARDS

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.



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

BURPEE



Each burpee must be performed perpendicular to and facing the barbell. Your head cannot be over the barbell. The chest and thighs touch the ground at the bottom.



You must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted.



The next rep will then begin on the opposite side facing the barbell.



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SCORECARD 21-18-15-12-9-6-3 reps for time of:
 Thrusters
 Burpees

Men95 lb.
Women65 lb.
Masters Men65 lb.
Masters Women45 lb.

21 THRUSTERS	
21 BURPEES	
18 THRUSTERS	
18 BURPEES	
15 THRUSTERS	
15 BURPEES	
12 THRUSTERS	
12 BURPEES	
9 THRUSTERS	
9 BURPEES	
6 THRUSTERS	
6 BURPEES	
3 THRUSTERS	
3 BURPEES	

ATHLETE NAME _____ **TIME** _____
Print

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

I confirm the information above accurately represents my performance for workout 14.5 _____
Athlete Signature Date

Affiliate Copy
 Athlete Copy

ATHLETE NAME _____ **TIME** _____
Print

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

I confirm the information above accurately represents the Athlete's performance for workout 14.5 _____
Judge Signature Date