

WORKOUT 15.2

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (95 / 65 lb.)

10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (95 / 65 lb.)

12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (95 / 65 lb.)

14 chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

NOTES

Each three-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 (6 of each for scaled versions). If you complete all the reps (2 complete rounds) before the time cap you will rest until the three minutes are up before beginning the next segment. In the second segment, minute three to minute six, you will attempt two rounds of 12 overhead squats and 12 chest-to-bar pull-ups (8 of each for scaled versions). If you complete all the reps (2 complete rounds) before the time cap you will rest until the six minutes are up before beginning the next segment. In the third segment, minute 6 to minute 9, you will attempt 2 rounds of 14 overhead squats and 14 chest-to-bar pull-ups (10 of each for scaled versions). If you complete all the reps (2 complete rounds) before the time cap you will rest until the 9 minutes are up before beginning the next segment. You will continue in this pattern for as long as possible, adding 2 reps to each exercise each round for every three-minute segment you complete.

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 2 rounds of 10s (40 reps) in 2:30, you will rest until 3:00 before beginning the rounds of 12s. If you then complete 1 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).

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 an angle so all exercises can be clearly seen meeting the movement standards.

EQUIPMENT

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

For each workout, be sure the athlete has adequate space to safely complete the event. Clear the area of all extra plates, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 / 29 kg for Rx'd, 29 / 20 kg for Scaled, Masters and Teens, and 20 / 15 kg for Scaled Masters and Scaled Teens.

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.

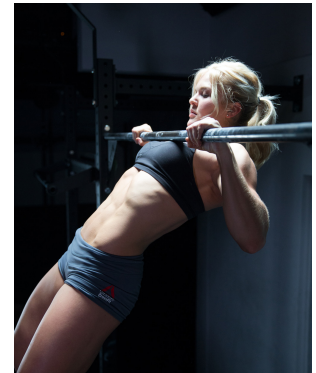


The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. You may not use a rack.

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 below the collarbone.

CHIN-OVER-BAR PULL-UP



The hang position is the same as the chest-to-bar pull-up (see above). Dead hang, kipping or butterfly pull-ups are allowed, as long as all the requirements are met. At the top, the chin must break the horizontal plane of the bar.

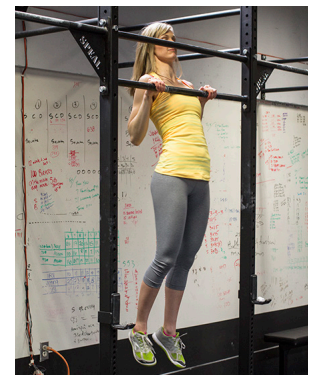
JUMPING CHEST-TO-BAR PULL-UP



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



At the bottom, the athlete must lower themselves so his or her arms are fully extended.



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



WEEK 2 WORKOUT VARIATIONS

Week 2 presented by



RX'D

(Includes Masters up to 54 years old)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (95 / 65 lb.)

10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (95 / 65 lb.)

12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (95 / 65 lb.)

14 chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

SCALED

(Scaled Men & Women 18-54)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (65 / 45 lb.)

6 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (65 / 45 lb.)

8 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

MASTERS

(Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups*

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)

12 chin-over-bar pull-ups*

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)

14 chin-over-bar pull-ups*

Etc., following the same pattern until you fail to complete both rounds

*Masters Women 55+ do jumping chest-to-bar pull-ups.

SCALED MASTERS

(Scaled Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

TEENS

(Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)

12 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)

14 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

SCALED TEENS

(Scaled Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds



WEEK 2 SCORECARD (RX'D)

Week 2 presented by



Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women,
Masters Women 40-44, Masters Women 45-49, Masters Women 50-54

WORKOUT 15.2

(Includes Masters up to 54 years old)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (95 / 65 lb.)

10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (95 / 65 lb.)

12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (95 / 65 lb.)

14 chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	10 OVERHEAD SQUATS		40
	10 PULL-UPS		
	10 OVERHEAD SQUATS		
	10 PULL-UPS		
3:00-6:00	12 OVERHEAD SQUATS		88
	12 PULL-UPS		
	12 OVERHEAD SQUATS		
	12 PULL-UPS		
6:00-9:00	14 OVERHEAD SQUATS		144
	14 PULL-UPS		
	14 OVERHEAD SQUATS		
	14 PULL-UPS		
9:00-12:00	16 OVERHEAD SQUATS		208
	16 PULL-UPS		
	16 OVERHEAD SQUATS		
	16 PULL-UPS		
12:00-15:00	18 OVERHEAD SQUATS		280
	18 PULL-UPS		
	18 OVERHEAD SQUATS		
	18 PULL-UPS		
15:00-18:00	20 OVERHEAD SQUATS		360
	20 PULL-UPS		
	20 OVERHEAD SQUATS		
	20 PULL-UPS		
18:00-21:00	22 OVERHEAD SQUATS		448
	22 PULL-UPS		
	22 OVERHEAD SQUATS		
	22 PULL-UPS		
21:00-24:00	24 OVERHEAD SQUATS		544
	24 PULL-UPS		
	24 OVERHEAD SQUATS		
	24 PULL-UPS		

ATHLETE NAME _____ TOTAL REPS _____
Print

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

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

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TOTAL REPS _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y / N
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I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date



WEEK 2 SCORECARD (MASTERS)

Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+

Week 2 presented by



WORKOUT

(Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups*

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)

12 chin-over-bar pull-ups*

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)

14 chin-over-bar pull-ups*

Etc., following the same pattern until you fail to complete both rounds

*Masters Women 55+ do jumping chest-to-bar pull-ups.

0:00-3:00	10 OVERHEAD SQUATS		12:00-15:00	18 OVERHEAD SQUATS	
	10 PULL-UPS			18 PULL-UPS	
	10 OVERHEAD SQUATS			18 OVERHEAD SQUATS	
	10 PULL-UPS	40		18 PULL-UPS	280
3:00-6:00	12 OVERHEAD SQUATS		15:00-18:00	20 OVERHEAD SQUATS	
	12 PULL-UPS			20 PULL-UPS	
	12 OVERHEAD SQUATS			20 OVERHEAD SQUATS	
	12 PULL-UPS	88		20 PULL-UPS	360
6:00-9:00	14 OVERHEAD SQUATS		18:00-21:00	22 OVERHEAD SQUATS	
	14 PULL-UPS			22 PULL-UPS	
	14 OVERHEAD SQUATS			22 OVERHEAD SQUATS	
	14 PULL-UPS	144		22 PULL-UPS	448
9:00-12:00	16 OVERHEAD SQUATS		21:00-24:00	24 OVERHEAD SQUATS	
	16 PULL-UPS			24 PULL-UPS	
	16 OVERHEAD SQUATS			24 OVERHEAD SQUATS	
	16 PULL-UPS	208		24 PULL-UPS	544

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WEEK 2 SCORECARD (TEENS)

Week 2 presented by



Teen Boys 14-15, Teen Boys 16-17, Teen Girls 14-15, Teen Girls 16-17

WORKOUT

(Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (65 / 45 lb.)

12 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (65 / 45 lb.)

14 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	10 OVERHEAD SQUATS		40	12:00-15:00	18 OVERHEAD SQUATS		280
	10 PULL-UPS				18 PULL-UPS		
	10 OVERHEAD SQUATS				18 OVERHEAD SQUATS		
	10 PULL-UPS				18 PULL-UPS		
3:00-6:00	12 OVERHEAD SQUATS		88	15:00-18:00	20 OVERHEAD SQUATS		360
	12 PULL-UPS				20 PULL-UPS		
	12 OVERHEAD SQUATS				20 OVERHEAD SQUATS		
	12 PULL-UPS				20 PULL-UPS		
6:00-9:00	14 OVERHEAD SQUATS		144	18:00-21:00	22 OVERHEAD SQUATS		448
	14 PULL-UPS				22 PULL-UPS		
	14 OVERHEAD SQUATS				22 OVERHEAD SQUATS		
	14 PULL-UPS				22 PULL-UPS		
9:00-12:00	16 OVERHEAD SQUATS		208	21:00-24:00	24 OVERHEAD SQUATS		544
	16 PULL-UPS				24 PULL-UPS		
	16 OVERHEAD SQUATS				24 OVERHEAD SQUATS		
	16 PULL-UPS				24 PULL-UPS		

ATHLETE NAME _____ TOTAL REPS _____
Print

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ATHLETE NAME _____ TOTAL REPS _____
Print

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

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WEEK 2 SCORECARD (SCALED)

Week 2 presented by



Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54,
Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49,
Scaled Masters Women 50-54

WORKOUT

(Scaled Men & Women 18-54)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (65 / 45 lb.)

6 chin-over-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (65 / 45 lb.)

8 chin-over-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (65 / 45 lb.)

10 chin-over-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	6 OVERHEAD SQUATS		12:00-15:00	14 OVERHEAD SQUATS	
	6 PULL-UPS			14 PULL-UPS	
	6 OVERHEAD SQUATS			14 OVERHEAD SQUATS	
	6 PULL-UPS	24		14 PULL-UPS	200
3:00-6:00	8 OVERHEAD SQUATS		15:00-18:00	16 OVERHEAD SQUATS	
	8 PULL-UPS			16 PULL-UPS	
	8 OVERHEAD SQUATS			16 OVERHEAD SQUATS	
	8 PULL-UPS	56		16 PULL-UPS	264
6:00-9:00	10 OVERHEAD SQUATS		18:00-21:00	18 OVERHEAD SQUATS	
	10 PULL-UPS			18 PULL-UPS	
	10 OVERHEAD SQUATS			18 OVERHEAD SQUATS	
	10 PULL-UPS	96		18 PULL-UPS	336
9:00-12:00	12 OVERHEAD SQUATS		21:00-24:00	20 OVERHEAD SQUATS	
	12 PULL-UPS			20 PULL-UPS	
	12 OVERHEAD SQUATS			20 OVERHEAD SQUATS	
	12 PULL-UPS	144		20 PULL-UPS	416

ATHLETE NAME _____ TOTAL REPS _____
Print

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Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TOTAL REPS _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has Judge passed CrossFit's Y / N
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I confirm the information above accurately represents the athlete's performance _____
for the workout Judge Signature Date



WEEK 2 SCORECARD (SCALED MASTERS)

Week 2 presented by



Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59,
Scaled Masters Women 60+

WORKOUT

(Scaled Masters 55+)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	6 OVERHEAD SQUATS		12:00-15:00	14 OVERHEAD SQUATS		24	200
	6 PULL-UPS			14 PULL-UPS			
	6 OVERHEAD SQUATS			14 OVERHEAD SQUATS			
	6 PULL-UPS			14 PULL-UPS			
3:00-6:00	8 OVERHEAD SQUATS		15:00-18:00	16 OVERHEAD SQUATS		56	264
	8 PULL-UPS			16 PULL-UPS			
	8 OVERHEAD SQUATS			16 OVERHEAD SQUATS			
	8 PULL-UPS			16 PULL-UPS			
6:00-9:00	10 OVERHEAD SQUATS		18:00-21:00	18 OVERHEAD SQUATS		96	336
	10 PULL-UPS			18 PULL-UPS			
	10 OVERHEAD SQUATS			18 OVERHEAD SQUATS			
	10 PULL-UPS			18 PULL-UPS			
9:00-12:00	12 OVERHEAD SQUATS		21:00-24:00	20 OVERHEAD SQUATS		144	416
	12 PULL-UPS			20 PULL-UPS			
	12 OVERHEAD SQUATS			20 OVERHEAD SQUATS			
	12 PULL-UPS			20 PULL-UPS			

ATHLETE NAME _____ TOTAL REPS _____
Print

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

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

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TOTAL REPS _____
Print

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

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



WEEK 2 SCORECARD (SCALED TEENS)

Week 2 presented by



Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15,
Scaled Teen Girls 16-17

WORKOUT

(Scaled Teens 14-17)

Every 3 minutes for as long as possible complete:

From 0:00-3:00

2 rounds of:

6 overhead squats (45 / 35 lb.)

6 jumping chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

8 overhead squats (45 / 35 lb.)

8 jumping chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

10 overhead squats (45 / 35 lb.)

10 jumping chest-to-bar pull-ups

Etc., following the same pattern until you fail to complete both rounds

0:00-3:00	6 OVERHEAD SQUATS		12:00-15:00	14 OVERHEAD SQUATS		24	14 PULL-UPS		200
	6 PULL-UPS			14 OVERHEAD SQUATS			14 PULL-UPS		
	6 OVERHEAD SQUATS			14 OVERHEAD SQUATS			14 PULL-UPS		
	6 PULL-UPS			14 PULL-UPS					
3:00-6:00	8 OVERHEAD SQUATS		15:00-18:00	16 OVERHEAD SQUATS		56	16 PULL-UPS		264
	8 PULL-UPS			16 PULL-UPS			16 OVERHEAD SQUATS		
	8 OVERHEAD SQUATS			16 OVERHEAD SQUATS			16 PULL-UPS		
	8 PULL-UPS			16 PULL-UPS					
6:00-9:00	10 OVERHEAD SQUATS		18:00-21:00	18 OVERHEAD SQUATS		96	18 PULL-UPS		336
	10 PULL-UPS			18 PULL-UPS			18 OVERHEAD SQUATS		
	10 OVERHEAD SQUATS			18 OVERHEAD SQUATS			18 PULL-UPS		
	10 PULL-UPS			18 PULL-UPS					
9:00-12:00	12 OVERHEAD SQUATS		21:00-24:00	20 OVERHEAD SQUATS		144	20 PULL-UPS		416
	12 PULL-UPS			20 PULL-UPS			20 OVERHEAD SQUATS		
	12 OVERHEAD SQUATS			20 OVERHEAD SQUATS			20 PULL-UPS		
	12 PULL-UPS			20 PULL-UPS					

ATHLETE NAME _____ TOTAL REPS _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
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Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TOTAL REPS _____
Print

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

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