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 six to minute nine, 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 nine 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

*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.

CHEST-TO-BAR PULL-UP

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.

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**

**WORKOUT VARIATIONS**

---

**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
## 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.

### SCORECARD (RX'D)

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<tr>
<th>Time</th>
<th>Reps</th>
<th>Athlete Name</th>
<th>Judge</th>
<th>Affiliate Copy</th>
<th>Total Reps</th>
<th>Has Judge Passed CrossFit's Online Judges Course?</th>
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<td>40</td>
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<td>24 pull-ups</td>
<td>24 overhead squats</td>
<td>24 pull-ups</td>
<td>Y / N</td>
</tr>
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</table>

I confirm the information above accurately represents my performance for the workout.

Athlete Signature: ____________________________  Date: ____________

Has judge passed CrossFit's Online Judges Course? Y / N

Name of Affiliate: ____________________________

Name of Judge: ____________________________

Affiliate Copy

Athlete Copy
WEEK 2 SCORECARD (MASTERS)
Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+

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 pull-ups
10 overhead squats
10 pull-ups

From 3:00-6:00
2 rounds of:
12 overhead squats (65 / 45 lb.)
12 chin-over-bar pull-ups*
12 overhead squats
12 pull-ups

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

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

ATHLETE NAME ___________________________ TOTAL REPS ___________________________

WORKOUT LOCATION ___________________________ JUDGE ___________________________

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout

Athlete Signature ___________________________ Date ____________

Name of Affiliate ___________________________

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### WORKOUT

(Teens 14-17)

Every 3 minutes for as long as possible complete:

- 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.

### WORKOUT

<table>
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<tr>
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<th>Reps</th>
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<td>21:00-24:00</td>
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<td>544</td>
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### ATHLETE NAME ____________________________ TOTAL REPS ____________________________

**WORKOUT LOCATION ____________________________ JUDGE ____________________________**

- Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout

**Athlete Signature ____________________________ Date ____________________________**

---

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## 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.

### WORKOUT LOCATION

Name of Affiliate

### JUDGE

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents my performance for the workout

Athlete Signature Date

---

### ATHLETE NAME

TOTAL REPS

---

### WORKOUT LOCATION

Name of Affiliate

### JUDGE

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for the workout

Judge Signature Date

---

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**WEEK 2 SCORECARD (SCALED MASTERS)**

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.

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**ATHLETE NAME** ___________________________ **TOTAL REPS** ___________________________

**WORKOUT LOCATION** ___________________________ **JUDGE** ___________________________

Name of Affiliate: ___________________________

**Has judge passed CrossFit's Online Judges Course?** Y / N

I confirm the information above accurately represents my performance for the workout

______________________________ Date ___________________________

Athlete Signature

**Name of Affiliate** ___________________________

**Has Judge passed CrossFit's Online Judges Course?** Y / N

I confirm the information above accurately represents the athlete's performance for the workout

______________________________ Date ___________________________

Judge Signature

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## 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.