

Workout 6: For time (16 min cap)

7 thrusters Bar 1	7	5 thrusters Bar 3	122
7 bar facing burpee	14	5 bar facing burpee	127
7 pull ups	21	5 bar muscle ups	132
7 thrusters Bar 1	28	5 thrusters Bar 3	137
7 bar facing burpee	35	5 bar facing burpee	142
7 pull ups	42	5 bar muscle ups	147
7 thrusters Bar 1	49	5 thrusters Bar 3	152
7 bar facing burpee	56	5 bar facing burpee	157
7 pull ups	63	5 bar muscle ups	162
Tie Break Time		Tie Break Time	
6 thrusters Bar 2	69	4 thrusters Bar 4	166
6 bar facing burpee	75	4 bar facing burpee	170
6 chest to bar	81	4 bar muscle ups	174
6 thrusters Bar 2	87	4 thrusters Bar 4	178
6 bar facing burpee	93	4 bar facing burpee	182
6 chest to bar	99	4 bar muscle ups	186
6 thrusters Bar 2	105	4 thrusters Bar 4	190
6 bar facing burpee	111	4 bar facing burpee	194
6 chest to bar	117	4 bar muscle ups	198
Tie Break Time		Time Completed	

RX Men:

Movement	35-39	40-44	45-49	50-54	55-59	60-64	65+
Rounds 1-3	75# / BFB / Pull Ups	75# / BFB / Pull Ups	75# / BFB / Pull Ups	75# / BFB / Pull Ups	75# / BFB / Pull Ups	45# / BFB / Pull Ups	45# / BFB / Pull Ups
Rounds 4-6	95# / BFB / C2B	95# / BFB / C2B	95# / BFB / C2B	95# / BFB / C2B	95# / BFB / Pull Ups	65# / BFB / Pull Ups	65# / BFB / Pull Ups
Rounds 7-9	115# / BFB / BMU	115# / BFB / BMU	115# / BFB / BMU	115# / BFB / C2B	115# / BFB / C2B	85# / BFB / C2B	85# / BFB / C2B
Rounds 10- 12	135# / BFB / BMU	135# / BFB / BMU	135# / BFB / BMU	135# / BFB / BMU	135# / BFB / BMU	95# / BFB / BMU	95# / BFB / BMU

RX Women:

Movement	35-39	40-44	45-49	50-54	55-59	60-64	65+
Rounds 1-3	55# / BFB / Pull Ups	55# / BFB / Pull Ups	55# / BFB / Pull Ups	55# / BFB / Pull Ups	55# / BFB / Pull Ups	35# / BFB / Pull Ups	35# / BFB / Pull Ups
Rounds 4-6	65# / BFB / C2B	65# / BFB / C2B	65# / BFB / C2B	65# / BFB / C2B	65# / BFB / Pull Ups	55# / BFB / Pull Ups	55# / BFB / Pull Ups
Rounds 7-9	75# / BFB / BMU	75# / BFB / BMU	75# / BFB / BMU	75# / BFB / C2B	70# / BFB / C2B	60# / BFB / C2B	60# / BFB / C2B
Rounds 10- 12	95# / BFB / BMU	95# / BFB / BMU	95# / BFB / BMU	95# / BFB / BMU	75# / BFB / BMU	65# / BFB / BMU	65# / BFB / BMU

Scaled Men:

Movement	35-39	40-44	45-49	50-54	55-59	60-64	65+
Rounds 1-3	55# / BFB / Pull Ups	55# / BFB / Pull Ups	55# / BFB / Pull Ups	55# / BFB / Pull Ups	55# / BFB / Pull Ups	35# / BFB / Pull Ups	35# / BFB / Pull Ups
Rounds 4-6	65# / BFB / Pull Ups	65# / BFB / Pull Ups	65# / BFB / Pull Ups	65# / BFB / Pull Ups	65# / BFB / Pull Ups	55# / BFB / Pull Ups	55# / BFB / Pull Ups
Rounds 7-9	75# / BFB / C2B	75# / BFB / C2B	75# / BFB / C2B	75# / BFB / C2B	70# / BFB / Pull Ups	60# / BFB / Pull Ups	60# / BFB / Pull Ups

Rounds 10-12	95# / BFB / C2B	95# / BFB / C2B	95# / BFB / C2B	95# / BFB / C2B	75# / BFB / C2B	65# / BFB / C2B	65# / BFB / C2B
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Scaled Women:

Movement	35-39	40-44	45-49	50-54	55-59	60-64	65+
Rounds 1-3	35# / BFB / Pull Ups	35# / BFB / Pull Ups	35# / BFB / Pull Ups	35# / BFB / Pull Ups	35# / BFB / Pull Ups	35# / BFB / Pull Ups	35# / BFB / Pull Ups
Rounds 4-6	45# / BFB / Pull Ups	45# / BFB / Pull Ups	45# / BFB / Pull Ups	40# / BFB / Pull Ups	40# / BFB / Pull Ups	40# / BFB / Pull Ups	40# / BFB / Pull Ups
Rounds 7-9	55# / BFB / C2B	55# / BFB / C2B	55# / BFB / C2B	45# / BFB / C2B	45# / BFB / Pull Ups	45# / BFB / Pull Ups	45# / BFB / Pull Ups
Rounds 10-12	65# / BFB / C2B	65# / BFB / C2B	65# / BFB / C2B	50# / BFB / C2B	50# / BFB / C2B	50# / BFB / C2B	50# / BFB / C2B

Lbs to KG Conversion:

Barbell

Lbs	KG
135	61
115	52
105	48
95	43
85	39
75	34
65	30
55	25
50	23
45	20
40	18
35	15

Workout Instructions:

Workout Flow: Prior to the start of the workout, the athlete shall have a pre-loaded barbell with clips to the assigned thruster load, and a pull up bar. The workout begins with the athlete standing at a full lockout. After the call of, "3, 2, 1... go," the athlete will begin their first set of 7 thrusters. Upon completion of the 7th repetition, the athlete will begin their 7 bar facing burpees and then finish the round with 7 pull ups. The athlete will repeat this cycle for 3

rounds at the first barbell load and pull up variation. If 3 rounds are completed by the 4:00 minute mark the athlete will then immediately start the next set of 3 rounds at the next thruster load and pulling variation. The athlete may have assistance changing the load of the barbell. Clips/collars are required to be used outside all plates. If the athlete completes the next 3 rounds by the 8:00 mark then they will continue onto the 3rd barbell load and pulling variation for 3 more rounds. If completed by the 12:00 mark then they will move onto the final 3 rounds of the 4th barbell load and pulling variation.

TIEBREAK

Tie breaks are the completion of the 3 round of each barbell/pulling variation. For example tie break 1 is the 7th pull up of the 3rd round. Another example tie break 3 is the 5th bar muscle up of the 3rd round.

Movement Standards:

Bar Facing Burpee: The burpee must be performed perpendicular to and facing the barbell. The athlete jumps back to lie on the ground. The athlete's head must be behind the barbell. The chest and thighs must touch the ground at the bottom. The hands and feet must remain inside the width of the plates at the bottom of the burpee. From this position, the athlete can step or jump to their feet. The athlete must jump over the barbell using a two-foot takeoff. Single-legged jumping or stepping over is not permitted. The athlete does not need to land with both feet at the same time. The rep is credited when both feet have touched the ground on the opposite side of the barbell. Before starting the next rep, the athlete must be perpendicular to and facing the barbell.

Chin over Bar Pullup: This is a standard chin-over-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, with the feet off the ground. Overhand, underhand or mixed grip are all permitted. At the top of the movement, the chin must break the horizontal plane of the bar.

Chest to Bar Pullups: 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, with the feet off the ground. Overhand, underhand or mixed grip are all permitted. At the top, the chest must clearly come into contact with the bar below the collarbone.

Bar Muscle Up: The athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted. The heel may not rise above the

height of the bar during the kip. The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.

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 clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. The rep is credited when the barbell is locked out overhead, with the hips, knees and arms fully extended, and the bar directly over the middle of the athlete's body.

Recommended Camera Set up for Video Submission:

