



WORKOUT FIVE *and* SIX

PRESENTED
BY



ON A 15:00 MIN CLOCK:

WORKOUT 5

FOR TIME, 21 - 15 - 9:

BARBELL THRUSTERS (95, 65LB)

CALORIE ROW

BURPEE OVER ROWER

*If not completed within 12minutes, continue to Workout 6

WORKOUT 6

WITH REMAINING TIME:

1RM CLEAN & JERK

TIME CAP / 15 MINUTES

SCORE / WORKOUT 5: TOTAL TIME

WORKOUT 6: HEAVIEST SUCCESSFUL 1RM CLEAN & JERK

TIE-BREAKER / WORKOUT 5: ATHLETE'S WOD 6 SCORE

WORKOUT 6: THE TIME ON WOD 5



ALTERNATE OPTION / ANYONE COMPLETING ALTERNATE VERSION IS NOT ELIGIBLE FOR ANY QUALIFYING DIVISIONS ON A 15:00 MIN CLOCK:

WORKOUT 5

FOR TIME, COMPLETE: 21-15-9

**BARBELL THRUSTERS (65, 45LB)
CALORIE ROW
BURPEE OVER ROWER**

*If not completed within 12minutes, continue to Workout 6

WORKOUT 6

WITH REMAINING TIME:

1RM CLEAN & JERK

EQUIPMENT /

Barbell, Concept 2 Rower, Clips, Plates

If performing in kilograms: **20 kg - 45lb | 30 kg - 65lb | 43 kg - 95lb**

FLOW /

Prior to the start of the clock, the athlete will stage their loaded barbell, rower and station for burpees.

At the start of the ascending clock, the athlete may begin with their 21 barbell thrusters. After the athlete completes 21 thrusters, they will advance to the rower to perform 21 calories on the rower. Once the 21 calories on the rower are complete, they may begin their 21 burpees over the rowing machine.

Once the athlete is done with their 21st burpee, they'll head back to the barbell and perform their round of 15 thrusters, 15 calorie row, and 15 burpees over the rower, and finally 9 thrusters, 9 calories on the rower, and 9 burpees over the rower.

Once the athlete's feet land on the opposite side of the rower after the 9th and final burpee rep in the round of 9, the athlete and judge will note their time.

Workout 5 must be completed within a 12:00 cap. If the athlete is unable to finish the full 21-15-9 under the 12 minute cap, the judge will note the completed repetitions, and proceed to the 1RM clean and jerk. However, if workout 5 is completed under the cap, they may immediately move on to Workout 6.



FLOW (CONT.) /

For Workout 6, the athlete will have the remaining time from the 15:00 cap to perform a maximum Clean and Jerk. Using the same barbell as they used to perform their thruster, the athlete may make as many attempts within the remaining time to establish their 1 rep-max clean and jerk.

The athlete's judge may load the bar for them. The weight on the barbell for the 1RM may not be adjusted until the conclusion of WOD 5. For athletes who are going to record the workout, each attempt must be verbalized to the judge and camera prior to the attempt.

MOVEMENT STANDARDS /

THRUSTER /

Whether the athlete is using a loaded or empty barbell, the athlete must pass through a front squat, with the athlete's hip crease passing below the top of their knee.

Then, the athlete must extend their hips and knees while simultaneously pressing upward on the bar, to finish with the barbell locked out overhead, with the athlete's hips, knees, shoulders, and arms extended, with the barbell over the athlete's center of mass.

All men performing the prescribed version can only use a standard 45lb/20kg bar.

CALORIE ROW /

The row must be performed on a standard Concept 2 machine. Each round must feature the rowers monitor being reset to 0. The judge may assist with resetting the athlete's rower monitor.

BURPEE OVER ROWER /

Each rep begins with hands, chest and feet on the ground on the same side of the C2 Rower.

With a two foot take off, the athlete may then jump over the rower. The repetition ends when the athlete's foot makes contact with the other side of the rower. This can be performed facing or lateral to the rower. The athlete's hip does not need to reach full extension at the top of the burpee. Athletes performing alternate version do not have to jump and may "step over" the rower.

CLEAN & JERK /

The barbell must originate on the floor, arrive at the athlete's shoulder, and finish with the barbell locked out overhead, with the athlete's hips, knees, shoulders, and arms at full extension, with the barbell over the athlete's center of mass.

Some examples of permissible reps include a power clean, split clean, hang clean, squat clean, hang squat clean, into a strict press, push press, push jerk, or split jerk.

If the athlete completes the clean, but not the jerk, that rep will not be counted.

All men performing the prescribed version can only use a standard 45lb/20kg bar.



WEEK THREE / WORKOUT FIVE & SIX



SCORECARD

SCORING /

Workout 5 is scored as the time it takes for an athlete to complete the prescribed repetitions. If an athlete is unable to complete Workout 5 under the 12 minute time-cap, the athlete must add :01 per remaining repetition to the total time-cap of 12:00. (i.e. if 5 reps remain, :05 + 12:00 = 12:05)

Workout 6 is scored as the heaviest successful 1RM clean and jerk completed.

The tie-breaker for WOD 5, is the athlete's WOD 6 score.
The tie-breaker for WOD 6 is the time on WOD 5.

VIDEO SUBMISSION /

Prior to starting, the athlete should state their name, then film their barbell, rower and weights to be used so the weight can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, 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. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

While video submission is not required until the conclusion of the challenge, we recommend filming all of your completed workouts in preparation for those requested.



WEEK THREE / WORKOUT FIVE & SIX



SCORECARD

**PRESCRIBED, ALTERNATE WORKOUT /
SCORE SUBMISSION DUE: SEPTEMBER 9TH AT 8PM ET**

ON A 15:00 MIN CLOCK

WORKOUT 5 (12:00 MIN TIME CAP)

BARBELL
THRUSTERS

2178117

CALORIE
ROW

4293126

BURPEE OVER
ROWER

63108135

TIME
COMPLETE

OR

REPS

WORKOUT 6 (REMAINING TIME)

ATTEMPTS

CLEAN
AND JERK

	✓
	X

	✓
	X

	✓
	X

	✓
	X

	✓
	X

	✓
	X

FINAL
WEIGHT

WORKOUT 5

WORKOUT 5 TIE-BREAKER

WORKOUT 6 SCORE

THE ATHLETE MUST ADD :01 PER REMAINING REPETITION TO THE
TOTAL TIME-CAP OF 12:00. (I.E. IF 5 REPS REMAIN, :05 + 12:00 = 12:05)

WORKOUT 6

WORKOUT 6 TIE-BREAKER

WORKOUT 5 SCORE

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____