



# WORKOUT 12.5 17:00 PT Wed, Mar 21 through 17:00 PT Sun, Mar 25

Week 5 presented by MUSCLEPHARM.

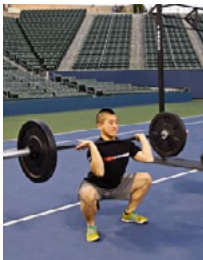
**WORKOUT** Complete as many reps as possible in 7 minutes following the rep scheme below:

<p>3 Barbell Thrusters 3 Chest to bar Pull-ups 6 Barbell Thrusters 6 Chest to bar Pull-ups 9 Barbell Thrusters 9 Chest to bar Pull-ups 12 Barbell Thrusters 12 Chest to bar Pull-ups 15 Barbell Thrusters 15 Chest to bar Pull-ups 18 Barbell Thrusters 18 Chest to bar Pull-ups 21 Barbell Thrusters 21 Chest to bar Pull-ups...</p> <p>This is a timed workout. If you complete the round of 21, go on to 24. If you complete 24, go on to 27, etc.</p>	Men <small>Includes Masters Men up to 54 years old</small>	Women <small>Includes Masters Women up to 54 years old</small>
	Thruster (100lbs) Chest to bar Pull-ups	Thruster (65lbs) Chest to bar Pull-ups
	Masters Men <small>Includes Masters Men 55+</small>	Masters Women <small>Includes Masters Women 55+</small>
	Thruster (90lbs) Chest to bar Pull-ups	Thruster (55lbs) Chin over bar Pull-ups

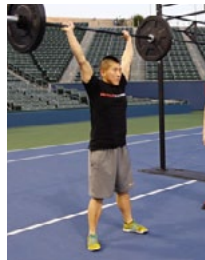
## MOVEMENT STANDARDS

### Thruster

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lock out overhead. The bar starts on the ground. No racks allowed.



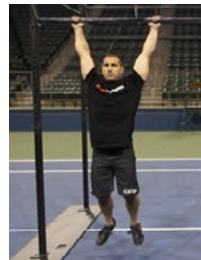
*The hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground.*



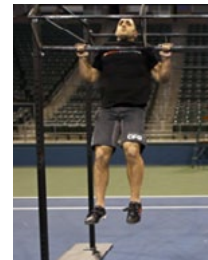
*The barbell must come to full lock out overhead with the hips, knees and arms fully extended, and the bar directly over the heels.*

### Chest to bar Pull-up

This is a standard chest to bar pull-up. Dead-hang, kipping or butterfly pull-ups are all 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. For masters women (55+), touching the chest is not required, but the chin must break the horizontal plane of the bar.*

## EQUIPMENT

To complete this workout you will need:

- A barbell that is loaded to the appropriate weight for your division
- A pull-up bar

## VIDEO SUBMISSION STANDARDS

Prior to starting, film the barbell and plates to show that it is loaded to the appropriate weight for your division. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch will need to be in the frame throughout the entire workout. Shoot the video from the side so that it is clear that proper depth and lock out is being reached

on the thrusters and the chest can be seen touching the bar on the pull-ups. For a video submission example click [here](#).

\*[http://pd.crossfit.com/games/video/G2012\\_12-5\\_NealVid\\_SD.mov](http://pd.crossfit.com/games/video/G2012_12-5_NealVid_SD.mov)

## ADDITIONAL 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. Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. You will enter your score as the total number of reps. See the Score Card for assistance in calculating the rep total.

\*[http://pd.crossfit.com/games/video/G2012\\_Open12-4InstrDem0\\_SD.mov](http://pd.crossfit.com/games/video/G2012_Open12-4InstrDem0_SD.mov)



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### SCORECARD

Complete as many reps as possible in 7 minutes of:  
Thrusters  
Chest to bar Pull-ups  
Following the rep scheme outlined in the Workout Instructions PDF.

Athlete Name \_\_\_\_\_

Judge Name \_\_\_\_\_

3 Thrusters	
3 Chest to bar Pull-ups	<b>6</b>
6 Thrusters	
6 Chest to bar Pull-ups	<b>18</b>
9 Thrusters	
9 Chest to bar Pull-ups	<b>36</b>
12 Thrusters	
12 Chest to bar Pull-ups	<b>60</b>
15 Thrusters	
15 Chest to bar Pull-ups	<b>90</b>
18 Thrusters	
18 Chest to bar Pull-ups	<b>126</b>
21 Thrusters	
21 Chest to bar Pull-ups	<b>168</b>
24 Thrusters	
24 Chest to bar Pull-ups	<b>216</b>
27 Thrusters	
27 Chest to bar Pull-ups	<b>270</b>

**SCORE (total number of reps)**