



OPEN WEEK 5

17:00 PT THUR, MAR 24 THROUGH 17:00 PT MON, MAR 28

Presented by



WORKOUT 16.5 Rx'd

(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, **Teen Boys 16-17, Teen Girls 16-17**)

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

Men use 95 lb.

Women use 65 lb.

WORKOUT 16.5 Masters

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

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

Men use 65 lb.

Women use 45 lb.

WORKOUT 16.5 Teens

(Teen Boys 14-15, Teen Girls 14-15)

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

Boys use 65 lb.

Girls use 45 lb.

WORKOUT 16.5 Scaled

(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)

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

Men use 65 lb.

Women use 45 lb.

WORKOUT 16.5 Masters Scaled

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

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

Men use 45 lb.

Women use 35 lb.

Note: Burpees over an unloaded barbell are permitted for this division.

WORKOUT 16.5 Teens Scaled

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

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

Boys use 45 lb.

Girls use 35 lb.



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NOTES

This workout begins with the barbell on the floor and the athlete standing tall. At the call of "3, 2, 1 ... go," the athlete will perform 21 thrusters, then 21 burpees, jumping over the barbell for each rep of the burpees. They will then perform 18 of each, then 15 of each, etc., until the last round of 3 of each. Every second counts in this workout. Your score will be the time it takes to complete all 168 repetitions. There is no time cap for this workout.

This workout ends when the feet land on the other side of the bar on the final rep. Time will be recorded in full seconds. Do not round up. If you finish in 7:49.8, your score is 7:49.

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.

Note: Depending on your performance, this video may be longer than previous workouts. Be sure you have enough battery life, memory and time to upload your video. You may need to [increase your limit on YouTube](#) to allow a longer video.

EQUIPMENT

- Barbell
- Standard bumper plates (18" diameter) to load to the appropriate weight for your division
- Collars

* If you do not use standard-sized bumper plates on the barbell, you will also need a second barbell set with standard plates to jump over for the burpees, unless you are Scaled Masters. Scaled Masters will be permitted to jump over an empty barbell on the burpees.

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

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

**The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 29 kg (65 lb.), 20 kg (45 lb.), and 15 kg (35 lb.).



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MOVEMENT STANDARDS

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 if the bar is on the ground. Using a ball, box or other object to check for proper depth is not allowed.

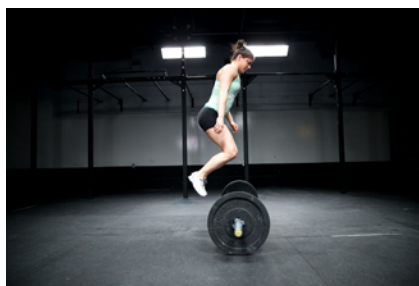


The barbell must come to a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.

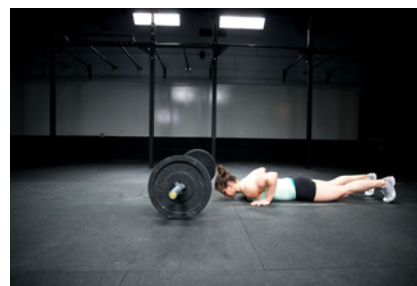
BURPEE



Each burpee must be performed perpendicular to and facing the barbell. The athlete's head cannot be over the barbell. The chest and thighs touch the ground at the bottom.



The athlete must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted. If standard-sized bumper plates are not used on the thruster barbell, or your division allows for an empty barbell, a separate barbell loaded with standard bumper plates must be set up for the athlete to jump over during the burpees. Scaled Masters will be permitted to jump over an empty barbell on the burpees.



The next rep will begin on the opposite side facing the barbell.



OPEN WEEK 5 SCORECARD (ALL)

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WORKOUT 16.5

21-18-15-12-9-6-3 reps for time of:

Thrusters

Burpees

21 THRUSTERS	
21 BURPEES	
18 THRUSTERS	
18 BURPEES	
15 THRUSTERS	
15 BURPEES	
12 THRUSTERS	
12 BURPEES	
9 THRUSTERS	
9 BURPEES	
6 THRUSTERS	
6 BURPEES	
3 THRUSTERS	
3 BURPEES	

VARIATIONS

Rx'd, Teens 16-17: Thruster 95 / 65 lb.

Scaled: Thruster 65 / 45 lb.

Masters 55+: Thruster 65 / 45 lb.

Scaled Masters 55+: Thruster 45 / 35 lb.

Teens 14-15: Thruster 65 / 45 lb.

Scaled Teens 14-17: Thruster 45 / 35 lb.

ATHLETE NAME _____ **16.5 TIME** _____ Rx'd
Print Scaled

AFFILIATE _____ JUDGE NAME _____ Initial _____ Has Judge passed Y / N
Name of Affiliate Print Initial CrossFit's Online Judges Course?

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

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **16.5 TIME** _____ Rx'd
Print Scaled

AFFILIATE _____ JUDGE NAME _____ Initial _____ Has Judge passed Y / N
Name of Affiliate Print Initial CrossFit's Online Judges Course?