

# OPEN WEEK 5 SCORECARD (ALL)

17:00 PT, THURSDAY, MARCH 21, THROUGH 17:00 PT, MONDAY, MARCH 25

## WORKOUT 19.5

33-27-21-15-9 reps for time of:

Thrusters  
Chest-to-bar pull-ups

Time cap: 20 minutes

### VARIATIONS

**Rx'd:** (Ages 16-54)

Men use 95 lb.

Women use 65 lb.

**Scaled:** (Ages 16-54)

Men use 65 lb. and perform jumping pull-ups

Women use 45 lb. and perform jumping pull-ups

**Teenagers 14-15:**

Boys use 65 lb.

Girls use 45 lb.

**Scaled Teenagers 14-15:**

Boys use 45 lb. and perform jumping pull-ups

Girls use 35 lb. and perform jumping pull-ups

**Masters 55+:**

Men use 65 lb. and perform chin-over-bar pull-ups

Women use 45 lb. and perform chin-over-bar pull-ups

**Scaled Masters 55+:**

Men use 45 lb. and perform jumping pull-ups

Women use 35 lb. and perform jumping pull-ups

<b>33 THRUSTERS</b>	33
<b>33 PULL-UPS</b>	66
<b>27 THRUSTERS</b>	93
<b>27 PULL-UPS</b>	120
<b>21 THRUSTERS</b>	141
<b>21 PULL-UPS</b>	162
<b>15 THRUSTERS</b>	177
<b>15 PULL-UPS</b>	192
<b>9 THRUSTERS</b>	201
<b>9 PULL-UPS</b>	210

Time \_\_\_\_\_ OR Reps at 20 Min. \_\_\_\_\_

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

Rx'd  Scaled

Workout Location \_\_\_\_\_ Judge \_\_\_\_\_  
Name of Affiliate Judge Name

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

I confirm the information above accurately represents the athlete's performance for this  
workout. \_\_\_\_\_  
Athlete Signature Date

Affiliate Copy

Athlete Copy

## WORKOUT 19.5

Time \_\_\_\_\_ OR Reps at 20 Min. \_\_\_\_\_

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

Rx'd  Scaled

Workout Location \_\_\_\_\_ Judge \_\_\_\_\_  
Name of Affiliate Judge Name

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

I confirm the information above accurately represents the athlete's performance for this  
workout. \_\_\_\_\_  
Judge Signature Date