



WORKOUT 13.2 17:00 PT Wed, Mar 13 through 17:00 PT Sun, Mar 17

Week 2 presented by



WORKOUT Complete as many rounds and reps as possible in 10 minutes of:

Men <i>Includes Masters Men up to 54 years old</i>	Women <i>Includes Masters Women up to 54 years old</i>
115 pound Shoulder to overhead, 5 reps 115 pound Deadlift, 10 reps 15 Box jumps, 24-inch box	75 pound Shoulder to overhead, 5 reps 75 pound Deadlift, 10 reps 15 Box jumps, 20-inch box
Masters Men <i>Includes Masters Men 55+</i>	Masters Women <i>Includes Masters Women 55+</i>
95 pound Shoulder to overhead, 5 reps 95 pound Deadlift, 10 reps 15 Box jumps, 20-inch box	55 pound Shoulder to overhead, 5 reps 55 pound Deadlift, 10 reps 15 Box jumps, 20-inch box







NOTES

Please be sure to watch the entire [workout instruction video](#) for full details.

This workout begins from a standing position and with the barbell on the ground, loaded to the appropriate weight. For the Shoulder to overhead to count, the barbell will move from the shoulders to the overhead position with the knees, hips and shoulders extended in one line. After the 5 reps, they will use the same barbell to perform the Deadlift. After 10 Deadlifts they will move to the box. The athlete will start with two feet on the ground and come to a standing position with knees and hips locked out on top of the box. Two-foot jumps, one-foot jumps and step-ups are all permitted.

Every rep counts in this workout. Credit will be given for partially completed rounds.

MOVEMENT STANDARDS

Shoulder to overhead	Deadlift	Box jump
 <p>Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body.</p>	 <p>This is a traditional deadlift with the hands outside the knees. Sumo-deadlifts are not allowed.</p>	 <p>Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box.</p>
 <p>A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line.</p>	 <p>Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout.</p>	 <p>You may jump or step up or down as long as both feet start on the ground and both feet end on the box in control.</p>
<p>Each round, the barbell must begin on the ground. Using a rack is not permitted.</p>		

EQUIPMENT

To complete this workout you will need:

- A barbell that is loaded to the appropriate weight for your division
- A box that is the appropriate height for your division

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 52 kg for the Men, 34 kg for the Women, 43 kg for the Masters Men, 25 kg for the Masters Women.

VIDEO SUBMISSION STANDARDS

Click [here](#) to see an example of a valid video submission.

Prior to starting, film the plates and barbell to be used so the loads can be clearly seen, as well as measuring the height of the box. 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 the side so it is clear that the barbell is locked out overhead, the shoulders are behind the bar at the top of the deadlift, and the standing position can be seen while on top of the box.



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SCORECARD

Complete as many rounds and reps as possible in 10 minutes of:

- 5 Shoulder to overhead
- 10 Deadlift
- 15 Box jump, 24/20/20/20-inch box

Men	115
Women	75
Masters Men	95
Masters Women	55
*All weights in pounds	

Round	Shoulder to overhead (5)	Deadlift (10)	Box jump (15)	
1				30
2				60
3				90
4				120
5				150
6				180
7				210
8				240
9				270
10				300
11				330
12				360
13				390
14				420
15				450

Athlete Name _____ Total Reps _____
(Print)

Workout Location _____ Judge _____ Has Judge passed CrossFit's Online Judges Course? Y / N
(Name of Affiliate) (Print)

I confirm the information above accurately represents my performance for workout 13.2 _____
Affiliate Copy Athlete Signature Date

Athlete Copy

Athlete Name _____ Total Reps _____
(Print)

Workout Location _____ Judge _____ Has Judge passed CrossFit's Online Judges Course? Y / N
(Name of Affiliate) (Print)

I confirm the information above accurately represents this performance for workout 13.2 _____
Judge Signature Date