

WORKOUT

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

- 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...

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.

MEN

Includes Masters Men up to 54 years old

- Thruster (100lbs / 45kg)**
- Chest to bar Pull-ups**

WOMEN

Includes Masters Women up to 54 years old

- Thruster (65lbs / 30kg)**
- Chest to bar Pull-ups**

MASTERS *men*

Includes Masters Men 55+

- Thruster (90lbs / 40kg)**
- Chest to bar Pull-ups**

MASTERS *women*

Includes Masters Women 55+

- Thruster (55lbs / 25kg)**
- 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 lockout 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.

REQUIRED EQUIPMENT:

To complete this workout you will need a barbell loaded to the appropriate weight for your gender and age group and a pull-up bar.

ADDITIONAL NOTES:

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 zero rounds and then enter the total number of reps.** See the Score Card for assistance in calculating the rep total. Note: You may perform this workout any time before Sunday, May 1, but you can only enter your results on the Open website between 17:00 PDT Tuesday, April 26 and 17:00 PDT Sunday, May 1.



CFG OPEN II.6
 17:00 PDT Tuesday, April 26
 through
 17:00 PDT Sunday, May 1

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.

SCORE CARD

Athlete Name _____ Judge Name _____

ROUND	NUMBER OF REPS	
3 Thrusters		
3 Chest to bar Pull-ups		6
6 Thrusters		
6 Chest to bar Pull-ups		18
9 Thrusters		
9 Chest to bar Pull-ups		36
12 Thrusters		
12 Chest to bar Pull-ups		60
15 Thrusters		
15 Chest to bar Pull-ups		90
18 Thrusters		
18 Chest to bar Pull-ups		126
21 Thrusters		
21 Chest to bar Pull-ups		168
24 Thrusters		
24 Chest to bar Pull-ups		216
27 Thrusters		
27 Chest to bar Pull-ups		270
SCORE (zero rounds + total number of reps)		