

## EVENT 2:

### FRANkenstein

For Time:

9 Thruster  
21 Pull Up  
15 Thruster  
15 C2B  
21 Thruster  
9 Bar MU

TimeCap: 8min

Tie Break: Time after thrusters

♂ Barbell 50kg [Masters +40 → 40kg]

♀ Barbell 35kg [Masters +40 → 30kg]

## EQUIPMENT

- Barbell, plates and collars
- Pull-up bar
  - no tape can be used in the pull-up bar

## FILMING GUIDELINES

- Film all competition area so the timer, equipment and athlete can be seen clearly during the whole exercise
- Film the event from the front in a slight angle (about 45 degrees)
- Set the camera at a height of at least 1 meter

## EVENT FLOW

Event two is a modification of the benchmark workout Fran. It is a for time workout with a time cap of 8 minutes.

The athlete starts the event facing away from the barbell. On the command GO! the athlete starts with 9 thruster movements which are followed by 21 pull-ups. After this the athlete moves back to the barbell and performs 15 thrusters followed by 15 chest-to-bar movements. In the third and final round the athlete performs 21 thrusters followed by 9 bar muscle-ups.

The score is the time in the end of the workout or the amount of the reps at the 8-minute time cap.

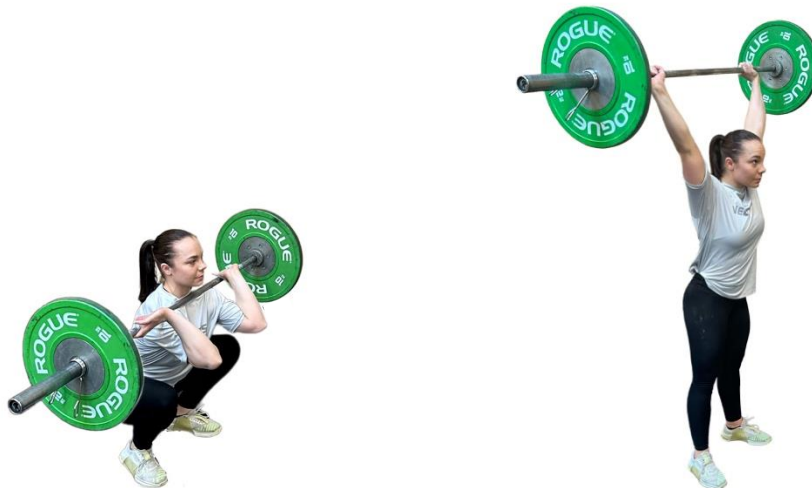
There is a tie break in this event, and it is the time after each set of thrusters.

## NOTES

- For safety reasons the barbell must be at least 2 meters away from the pull-up bar
- A tie break time must be written down after each set of thrusters
- The camera must be set at a height of at least 1 meter

## MOVEMENT STANDARDS

### THRUSTER



- The first rep starts from the ground and the athlete lifts the bar to the front rack position
- The first rep can be started as a squat clean
- In the bottom position of the thruster the squat must be below the parallel line and the bar in a front rack position
- From the bottom position the athlete moves the barbell over head in one continuous movement
- In the top position the barbell is clearly over head with the elbows, hips and knees fully extended

### PULL-UP



- The movement starts with the athlete hanging from the bar both feet off the ground
- The movement is completed when the athlete's chin clearly is over the bar line

## MOVEMENT STANDARDS

### CHEST TO BAR

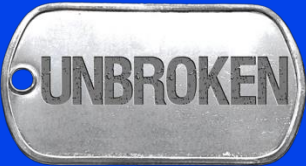


- The movement starts with the athlete hanging from the bar both feet off the ground
- The movement is completed when the athlete's chest clearly touches the bar over the collarbone line

### BAR MUSCLE UP



- The movement starts with the athlete hanging from the bar both feet off the ground
- The movement is completed when the athlete is over the bar with arms fully extended
- The athlete must clearly go through the dip part of the muscle up
- Only the palms and fingers can touch the bar during the movement
- The feet cannot go over the bar line in any part of the movement



# ONLINE QUALIFIER 2025 SCORECARD

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Tie Break: Time after thrusters

MOVEMENT	OK/REPS	
THRUSTER	9	
TIE BREAK TIME		
PULL UP	21	
THRUSTER	15	
TIE BREAK TIME		
C2B	15	
THRUSTER	21	
TIE BREAK TIME		
BAR MU	9	

TIME	
REPS AT 8 MINUTES	

MM:SS

REPS

ATHLETE NAME

JUDGE NAME

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS THE ATHLETE’S PERFORMANCE FOR THIS TEST

ATHLETE’S SIGNATURE: