



25.2:

(22.3 repeat)

For time:

21 pull-ups
42 double-unders
21 thrusters (weight 1)
18 chest-to-bar pull-ups
36 double-unders
18 thrusters (weight 2)
15 bar muscle-ups
30 double-unders
15 thrusters (weight 3)

Time cap: 12 minutes

♀ 65, 75, 85 lb (29, 34, 38 kg)

♂ 95, 115, 135 lb (43, 52, 61 kg)

WORKOUT VARIATIONS

Rx'd: (Ages 16-54)

♀ 65, 75, 85 lb (29, 34, 38 kg)

♂ 95, 115, 135 lb (43, 52, 61 kg)

Scaled: (Ages 16-54)

♀ Jumping pull-ups, then pull-ups, then chest-to-bar pull-ups | single-unders | 45, 55, 65 lb (20, 25, 29 kg)

♂ Jumping pull-ups, then pull-ups, then chest-to-bar pull-ups | single-unders | 65, 85, 105 lb (29, 38, 47 kg)

Teenagers 14-15:

♀ 45, 55, 65 lb (20, 25, 29 kg)

♂ 65, 85, 105 lb (29, 38, 47 kg)

Scaled Teenagers 14-15:

♀ Jumping pull-ups, then pull-ups, then chest-to-bar pull-ups | single-unders | 35, 45, 55 lb (15, 20, 25 kg)

♂ Jumping pull-ups, then pull-ups, then chest-to-bar pull-ups | single-unders | 45, 65, 85 lb (20, 29, 38 kg)

Masters 55+:

♀ Jumping pull-ups, then pull-ups, then chest-to-bar pull-ups | 45, 55, 65 lb (20, 25, 29 kg)

♂ Jumping pull-ups, then pull-ups, then chest-to-bar pull-ups | 65, 85, 105 lb (29, 38, 47 kg)

Scaled Masters 55+:

♀ Jumping pull-ups, then jumping chest-to-bar pull-ups, then pull-ups | single-unders | 35, 45, 55 lb (15, 20, 25 kg)

♂ Jumping pull-ups, then jumping chest-to-bar pull-ups, then pull-ups | single-unders | 45, 65, 85 lb (20, 29, 38 kg)

QUICK START

- Athletes start 5 feet (1.5 meters) from the pull-up bar, behind their barbell.
- At "go," move to the pull-up bar and perform 21 pull-ups.
- Then, complete 42 double-unders.
- Then, complete 21 thrusters at weight 1 (lightest).
- Return to the pull-up bar for 18 chest-to-bar pull-ups.
- Then, complete 36 double-unders.
- Then, complete 18 thrusters at weight 2.
- In the final round, complete 15 bar muscle-ups.
- Then, complete 30 double-unders.
- Finish with 15 thrusters at weight 3 (heaviest).
- Time stops at the completion of the last thruster at weight 3.

NOTES

- Barbell(s) and/or any additional plates must be placed at least 5 feet from the pull-up bar for safety.
- Double-unders may be performed anywhere.
- Athletes may have assistance changing the barbell load or multiple bars may be used.
- If time-capped, your score will be the total number of reps completed.
- A tiebreak time is taken after each set of thrusters (see Tiebreak section below for more information).
- If the workout is completed before the time cap, there is no tiebreaker.

TIEBREAK

Record the time after you complete the set of 21 thrusters. This will be your tiebreak time if you do not complete the set of 18 thrusters. If you complete the set of 18 thrusters, record that time. This will become your tiebreak time if you do not complete the workout. In the event of a tie, the athlete with the better tiebreak time will be ranked higher.

OPEN WEEK 2

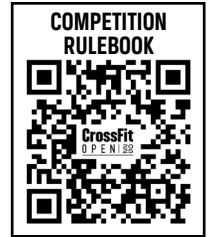
12 P.M. (NOON) PT THURSDAY, MARCH 6, THROUGH 5 P.M. PT MONDAY, MARCH 10
*IMPORTANT - DAYLIGHT SAVING TIME IS OBSERVED SUNDAY IN THE UNITED STATES.
TAKE THIS INTO ACCOUNT WHEN SUBMITTING YOUR SCORE SO YOU DO NOT MISS THE SUBMISSION DEADLINE.*



EQUIPMENT

- Barbell, plates, collars
- Pull-up bar
 - Using tape on the pull-up bar **AND** gymnastics grips at the same time is **NOT** allowed.
- Tape, cones, or any other object should be used to indicate the barbell is placed 5 feet away from the pull-up bar.

Refer to APPENDIX D in the [2025 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.



MOVEMENT STANDARDS

PULL-UP

REQUIREMENTS



1. Start each rep with arms fully extended and feet off the ground.
 - Any style of grip is permitted.
2. The rep is credited when the chin clearly breaks the horizontal plane of the bar.

NOTE: Any style of pull-up is permitted as long as the criteria above are met.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Starting a rep without full extension of the arms.



✗ Not breaking the horizontal plane of the pull-up bar with the chin.

OPEN WEEK 2

12 P.M. (NOON) PT THURSDAY, MARCH 6, THROUGH 5 P.M. PT MONDAY, MARCH 10
*IMPORTANT - DAYLIGHT SAVING TIME IS OBSERVED SUNDAY IN THE UNITED STATES.
TAKE THIS INTO ACCOUNT WHEN SUBMITTING YOUR SCORE SO YOU DO NOT MISS THE
SUBMISSION DEADLINE.*



MOVEMENT STANDARDS

DOUBLE-UNDER/SINGLE-UNDER (SCALED ONLY)

REQUIREMENTS



- The rope passes under the feet twice during a single jump.
- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward.

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✘ Crediting attempts instead of successful reps.
- ✘ Spinning the rope backward.

MOVEMENT STANDARDS

THRUSTER

REQUIREMENTS



1. The crease of the hips must clearly pass below the top of the knees in the bottom position (below parallel).
2. The rep is credited when:
 - Hips, knees, and arms are fully extended.
 - The bar is directly over, or behind, the middle of the body when viewed from the side.

NOTE: Each round of thrusters begins with the barbell on the ground. A squat clean is allowed, but not required, to start a set.

Any time you return to the pull-up bar, the barbell must remain at least 5 feet from the pull-up bar.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✘ Squatting to parallel or above parallel (the hip crease is at or above the knee).



- ✘ Lowering the barbell before reaching full extension of the knees, hips, or arms.



- ✘ Finishing with the barbell in front of the body.

NOTE: Performing a front squat followed by any style of jerk (rebending the hips and/or legs) is **NOT** allowed.



MOVEMENT STANDARDS

CHEST-TO-BAR PULL-UP

REQUIREMENTS



1



2

1. Start each rep with arms fully extended and feet off the ground.
 - Any style of grip is permitted.
2. The rep is credited when the chest clearly contacts the bar at or below the collarbone.

NOTE: Any style of pull-up is permitted as long as the criteria above are met.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Starting a rep without full extension of the arms.



✗ Making contact with the bar above the collarbone (neck or throat).



✗ Missing contact with the pull-up bar.

MOVEMENT STANDARDS

BAR MUSCLE-UP

REQUIREMENTS



1



2



3

1. Start each rep with arms fully extended and feet off the ground.
2. Pass through some portion of a dip before locking out over the bar.
3. The rep is credited when:
 - Arms are fully extended in the support position.
 - Shoulders are directly over, or slightly in front of, the bar when viewed from the side.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✘ Starting a rep without full extension of the arms.



- ✘ Any portion of the foot rising above the pull-up bar during the kip.



- ✘ Any part of the arm (besides the hands) touching the bar during the rep.



- ✘ Lowering before reaching full extension of the arms at lockout (top of each rep).



- ✘ Removing the hands and resting on the torso while above the bar.

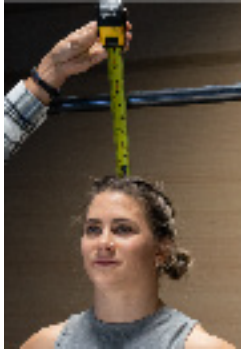
NOTE: Any other gymnastics movements are **NOT** allowed (e.g., uprises or rolls to support).



MOVEMENT STANDARDS

JUMPING PULL-UP/JUMPING CHEST-TO-BAR PULL-UP (SCALED AND MASTERS 55+/SCALED MASTERS 55+ ONLY)

REQUIREMENTS



1



2



3



4

- The bar must be at least 6 inches (15 centimeters) above the top of the head when the athlete is standing tall.
 - Plates or other stable platforms may be used to decrease the distance between the top of the head and the bar.
- At the start of each rep, lower until the arms are fully extended.

3. JUMPING PULL-UP

- The rep is credited when the chin clearly breaks the horizontal plane of the bar.

4. JUMPING CHEST-TO-BAR PULL-UP (SCALED MASTERS 55+)

- The rep is credited when the chest clearly makes contact with the bar at or below the collarbone.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- Starting a rep without full extension of the arms.



- Jumping pull-up: Not breaking the horizontal plane of the pull-up bar with the chin.



- Jumping chest-to-bar: Not making contact with the bar below the collarbone.

SHOP ROGUE GEAR



OPEN WEEK 2

12 P.M. (NOON) PT THURSDAY, MARCH 6, THROUGH 5 P.M. PT MONDAY, MARCH 10
 *IMPORTANT - DAYLIGHT SAVING TIME IS OBSERVED SUNDAY IN THE UNITED STATES.
 TAKE THIS INTO ACCOUNT WHEN SUBMITTING YOUR SCORE SO YOU DO NOT MISS THE
 SUBMISSION DEADLINE.*

Presented by



United States
Border Patrol

25.2:

(22.3 repeat)

For time:

- 21 pull-ups
- 42 double-unders
- 21 thrusters (weight 1)
- 18 chest-to-bar pull-ups
- 36 double-unders
- 18 thrusters (weight 2)
- 15 bar muscle-ups
- 30 double-unders
- 15 thrusters (weight 3)

Time cap: 12 minutes

♀ 65, 75, 85 lb (29, 34, 38 kg)

♂ 95, 115, 135 lb (43, 52, 61 kg)

21 PULL-UPS	21	
42 DOUBLE-UNDERS	63	
21 THRUSTERS, WEIGHT 1	84	
18 CHEST-TO-BAR PULL-UPS	102	TIME
36 DOUBLE-UNDERS	138	
18 THRUSTERS, WEIGHT 2	156	
15 BAR MUSCLE-UPS	171	TIME
30 DOUBLE-UNDERS	201	
15 THRUSTERS, WEIGHT 3	216	

WORKOUT VARIATIONS

Rx'd: (Ages 16-54)

♀ 65, 75, 85 lb (29, 34, 38 kg)

♂ 95, 115, 135 lb (43, 52, 61 kg)

Teenagers 14-15:

♀ 45, 55, 65 lb (20, 25, 29 kg)

♂ 65, 85, 105 lb (29, 38, 47 kg)

Masters 55+:

♀ Jumping pull-ups, then pull-ups, then chest-to-bar pull-ups | 45, 55, 65 lb (20, 25, 29 kg)

♂ Jumping pull-ups, then pull-ups, then chest-to-bar pull-ups | 65, 85, 105 lb (29, 38, 47 kg)

Scaled: (Ages 16-54)

♀ Jumping pull-ups, then pull-ups, then chest-to-bar pull-ups | single-unders | 45, 55, 65 lb (20, 25, 29 kg)

♂ Jumping pull-ups, then pull-ups, then chest-to-bar pull-ups | single-unders | 65, 85, 105 lb (29, 38, 47 kg)

Scaled Teenagers 14-15:

♀ Jumping pull-ups, then pull-ups, then chest-to-bar pull-ups | single-unders | 35, 45, 55 lb (15, 20, 25 kg)

♂ Jumping pull-ups, then pull-ups, then chest-to-bar pull-ups | single-unders | 45, 65, 85 lb (20, 29, 38 kg)

Scaled Masters 55+:

♀ Jumping pull-ups, then jumping chest-to-bar pull-ups, then pull-ups | single-unders | 35, 45, 55 lb (15, 20, 25 kg)

♂ Jumping pull-ups, then jumping chest-to-bar pull-ups, then pull-ups | single-unders | 45, 65, 85 lb (20, 29, 38 kg)

Tiebreak Time _____

Judge _____
Judge Name

Time or Reps at 12 Min. _____

Rx'd Scaled

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

WORKOUT 25.2

Time or Reps at 12 Min. _____ Rx'd Scaled

Athlete Name _____ Tiebreak Time _____
Print

Workout Location _____ Date _____

Judge _____ Judge Name _____ Judge Signature _____

BE AN AGENT OF STRENGTH



SCAN TO SUBMIT SCORE



WORKOUT

25.2

FOR TIME

#RETOFEST10AÑOS

12 MIN CAP
21 PULL UPS
42 DOUBLE UNDERS
21 THRUSTERS (WEIGHT 1)
18 CHEST TO BAR PULL UPS
36 DOUBLE UNDERS
18 THRUSTERS (WEIGHT 2)
15 BAR MUSCLE UPS
30 DOUBLE UNDERS
15 THRUSTERS (WEIGHT 3)

♀ 65,75,85 LB (29,34,38 KG)
♂ 95,115,135 LB (43,52,61 KG)
TEENS, MÁSTER, RX, ÉLITE



CrossFit LICENSED EVENT | 2018

X
X
X

WORKOUT

25.2

INTERMEDIO

#RETOFEST10AÑOS

12 MIN CAP
21 JUMPING PULL UPS
42 SINGLE UNDERS
21 THRUSTERS (WEIGHT 1)
18 PULL UPS
36 SINGLE UNDERS
18 THRUSTERS (WEIGHT 2)
15 CHEST TO BAR PULL UPS
30 SINGLE UNDERS
15 THRUSTERS (WEIGHT 3)

♀ 45,55,65 LB (20,25,29 KG)
♂ 65,85,105 LB (29,38,47 KG)



CrossFit LICENSED EVENT | 2018

X
X
X

WORKOUT
25.2
SCALED
12 MIN CAP

#RETOFEST10AÑOS

21 JUMPING PULL UPS
42 SINGLE UNDERS
21 THRUSTERS (WEIGHT 1)

18 JUMPING CHEST TO BAR PULL UPS
36 SINGLE UNDERS
18 THRUSTERS (WEIGHT 2)

15 PULL UPS
30 SINGLE UNDERS
15 THRUSTERS (WEIGHT 3)

♀ 35,45,55 LB (15,20,25 KG)
♂ 45,65,85 LB (20,29,38 KG)

RETO FEST
COLUMBIA CO

CrossFit LICENSED EVENT | 2020

**X
X
X**

Inicio rápido

- Los atletas comienzan a 5 pies (1,5 metros) de la barra de dominadas, detrás de su barra.
- En “salir”, muévete a la barra de dominadas y realiza 21 dominadas.
- Luego, completa 42 saltos dobles.
- Luego, completa 21 propulsores con peso 1 (el más liviano).
- Regresa a la barra de dominadas para realizar 18 dominadas con el pecho sobre la barra.
- Luego, completa 36 saltos dobles.
- Luego, completa 18 propulsores con peso 2.
- En la ronda final, completa 15 muscle-ups en barra.
- Luego, completa 30 saltos dobles.
- Terminar con 15 thrusters con peso 3 (el más pesado).
- El tiempo se detiene al completarse el último propulsor con peso 3.

Notas

- Las barras y/o cualquier disco adicional deben colocarse al menos a 5 pies de la barra de dominadas por seguridad.
- Los saltos dobles se pueden realizar en cualquier lugar.
- Los atletas pueden recibir ayuda para cambiar la carga de la barra o se pueden utilizar varias barras.
- Si hay un límite de tiempo, su puntuación será el número total de repeticiones completadas.
- Se toma un tiempo de desempate después de cada serie de thrusters (ver la sección de desempate a continuación para obtener más información).
- Si el entrenamiento se completa antes del límite de tiempo, no habrá desempate.

Desempate

Registre el tiempo después de completar la serie de 21 thrusters. Este será su tiempo de desempate si no completa la serie de 18 thrusters. Si completa la serie de 18 thrusters, registre ese tiempo. Este será su tiempo de desempate si no completa el entrenamiento. En caso de empate, el atleta con el mejor tiempo de desempate tendrá una clasificación más alta.

Equipo

- Barra, discos, collares
- Barra de dominadas
- No está permitido utilizar cinta en la barra de dominadas y en los agarres de gimnasia al mismo tiempo.
- Se debe usar cinta, conos o cualquier otro objeto para indicar que la barra está colocada a 5 pies de distancia de la barra de dominadas.

