

25.3:

For time:

5 wall walks
50-calorie row
5 wall walks
25 deadlifts
5 wall walks
25 cleans
5 wall walks
25 snatches
5 wall walks
50-calorie row

Time cap: 20 minutes

♀ *155-lb (70-kg) deadlift, 85-lb (38-kg) clean, 65-lb (29-kg) snatch*
♂ *225-lb (102-kg) deadlift, 135-lb (61-kg) clean, 95-lb (43-kg) snatch*

WORKOUT VARIATIONS

Rx'd: (Ages 16-54)

♀ 155-lb (70-kg) deadlift, 85-lb (38-kg) clean, 65-lb (29-kg) snatch
♂ 225-lb (102-kg) deadlift, 135-lb (61-kg) clean, 95-lb (43-kg) snatch

Scaled: (Ages 16-54)

♀ Scaled wall walks | 85, 65, 45 lb (38, 29, 20 kg)
♂ Scaled wall walks | 135, 95, 65 lb (61, 43, 29 kg)

Teenagers 14-15:

♀ 85, 65, 45 lb (38, 29, 20 kg)
♂ 135, 95, 65 lb (61, 43, 29 kg)

Scaled Teenagers 14-15, Scaled Masters 55+:

♀ Scaled wall walks | 75, 55, 35 lb (34, 25, 15 kg)
♂ Scaled wall walks | 95, 65, 45 lb (43, 29, 20 kg)

Masters 55+:

♀ Scaled wall walks | 125, 65, 45 lb (56, 29, 20 kg)
♂ Scaled wall walks | 185, 95, 65 lb (83, 43, 29 kg)

QUICK START

- Athletes start behind the 60/55-inch (152/139-cm) line, facing the wall.
- At "go," turn around and perform 5 wall walks.
- Then, complete 50 calories on the rower.
- Then, move back to the wall and complete 5 wall walks.
- Then, complete 25 deadlifts using the first weight (heaviest).
- Then, move back to the wall and complete 5 wall walks.
- Then, complete 25 cleans using the second weight.
- Then, move back to the wall and complete 5 wall walks.
- Then, complete 25 snatches using the third weight (lightest).
- Then, move back to the wall and complete the final 5 wall walks.
- Then, complete 50 calories on the rower.
- Time stops at the completion of 50 calories on the rower.

NOTES

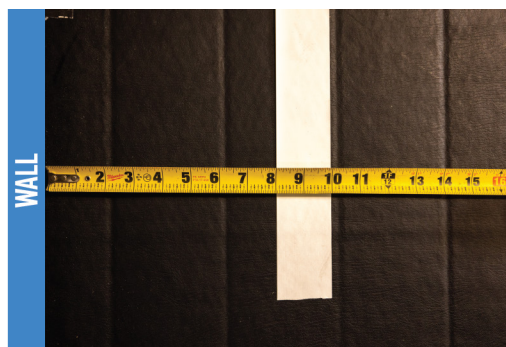
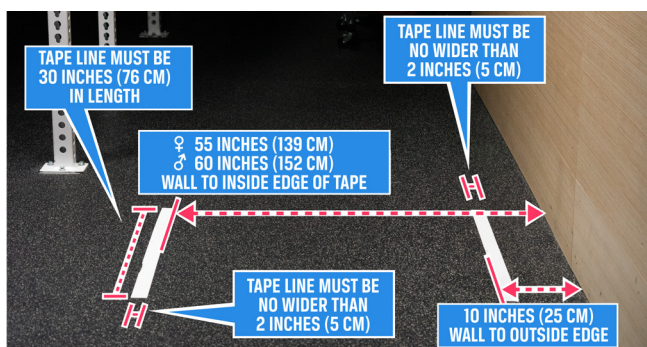
- Gymnastics grips are **NOT** allowed during this workout
- Athletes may have assistance changing the barbell load or multiple bars may be used.
- If time-capped, your score will be the total number of reps completed.
- A tiebreak time is taken after each set of wall walks (see Tiebreak section below for more information).
- If the workout is completed before the time cap, there is no tiebreaker.
- For safety:
 - The barbell(s) and/or any additional plates must be placed at least 5 feet (1.5 meters) from the rower and wall-walk station.
 - The rower must be placed at least 5 feet (1.5 meters) from the barbells and wall-walk station.

TIEBREAK

- Record the time after you complete each set of 5 wall walks. The last completed set of wall walks will be your tiebreak time. In the event of a tie, the athlete with the better tiebreak time will be ranked higher.

EQUIPMENT

- Barbell, plates, and collars
- Both the Rogue Echo Rower or Concept2 Rower are allowed. No other rower is allowed.
 - Video submissions: A clear view of the monitor must be captured after each row — it is **OK** to move the camera to meet this requirement.
- Tape, cones, or any other object **MUST** be used to indicate 5-foot spacing is maintained between all equipment.
- Wall-Walk Setup**
 - Mark a tape line to designate the start/finish line. Measure from the wall to the edge of the tape that is **CLOSEST** to the wall. For women, the distance from the wall to the tape is 55 inches. For men, the distance is 60 inches. This first line will be the start and finish line for each repetition.
 - Tape a second line that leaves 10 inches of space between the tape's far edge and the wall.
 - The tape line placed 10 inches from the wall must be **NO LONGER** than 30 inches and **NO WIDER** than 2 inches.



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



MOVEMENT STANDARDS

WALL WALK

REQUIREMENTS



1. Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
 - At the start and finish of each rep, both hands must touch the 60/55-inch tape line (fingers touching is **OK**).
2. Both hands must remain on the tape until both feet are on the wall.
3. At the top of the movement, both hands must be on the 10-inch line before the athlete may descend.
 - Any part of the hand may touch the tape line.
4. On the descent, the feet must remain on the wall until both hands are touching the 60/55-inch line.
5. The rep is credited when the athlete returns to the starting position, with both hands touching the 60/55-inch line and the chest, thighs, and feet touching the ground.
 - Any part of the hand may make contact with the tape line.

MOVEMENT STANDARDS

WALL WALK (CONTINUED)

COMMON NO-REPS

NOTE: This list is not exhaustive.



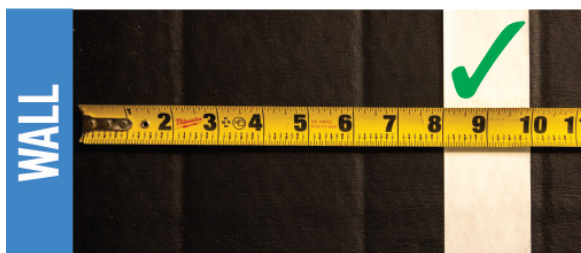
✗ Hands leaving the 60/55-inch line before both feet are on the wall.



✗ Not reaching the 10-inch tape line before descent.



✗ Feet touching the ground before both hands have touched the 60/55-inch line.



✗ Measuring the tape lines incorrectly.

MOVEMENT STANDARDS

ROW

REQUIREMENTS



1



2

1. The monitor must be set to 0 at the beginning of each row.

- The monitor must count UP to the designated distance.
- Any damper setting may be used at any time.

2. Remain seated until the monitor clearly reads 50 calories.

NOTE: If the time cap is reached during the row, record the calorie count at the time cap ("rollover" calories **DO NOT** count toward your score).

COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✗ Standing up from the rower prior to reaching 50 calories.
- ✗ Starting the final round without resetting the monitor to 0.

MOVEMENT STANDARDS

DEADLIFT

REQUIREMENTS



1



2

1. The barbell starts on the ground (both plates touching the ground).
 - Hands must be outside the knees. No sumo deadlifts.
 - Any style of grip is permitted.
2. The rep is credited when:
 - Hips and knees reach full extension.
 - Head and shoulders are behind the bar when viewed from the side.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Lowering the barbell before reaching full extension of the knees or hips.



- ✗ Finishing with the head and/or shoulders in front of the bar.



- ✗ Deliberately bouncing the bar.

MOVEMENT STANDARDS

CLEAN

REQUIREMENTS



1



2



3

1. Start each rep with the bar on the ground.
2. The bar must be lifted to the shoulders.
 - Any style of clean, except a hang clean, is permitted.
3. The rep is credited when the bar is on the shoulders and:
 - Hips and knees are extended.
 - Feet are in line.
 - Elbows are in front of the bar when viewed from profile.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Lowering the barbell before fully extending the hips and knees.



- ✗ Not bringing the elbows in front of the bar.



- ✗ Bouncing the barbell between consecutive repetitions.

MOVEMENT STANDARDS

SNATCH

REQUIREMENTS



1



2



3

1. Each rep starts with the bar on the ground.
2. The barbell must be lifted overhead in one motion (no clean and jerks).
 - Any style of snatch is permitted, except a hang snatch.
3. The rep is credited when:
 - Hips, knees, and arms are extended.
 - The bar is over the middle of or slightly behind the body when viewed from profile.
 - The feet are in line.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Lowering the bar before full extension of the knees, hips, or arms.



- ✗ Finishing with the bar in front of the body.



- ✗ Deliberately bouncing the barbell between consecutive reps.

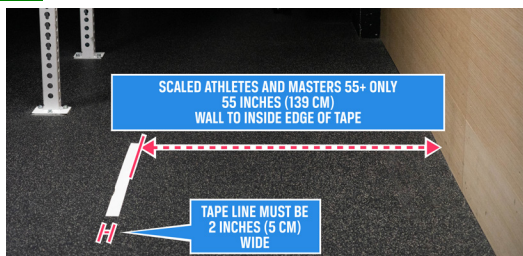
SHOP ROGUE GEAR



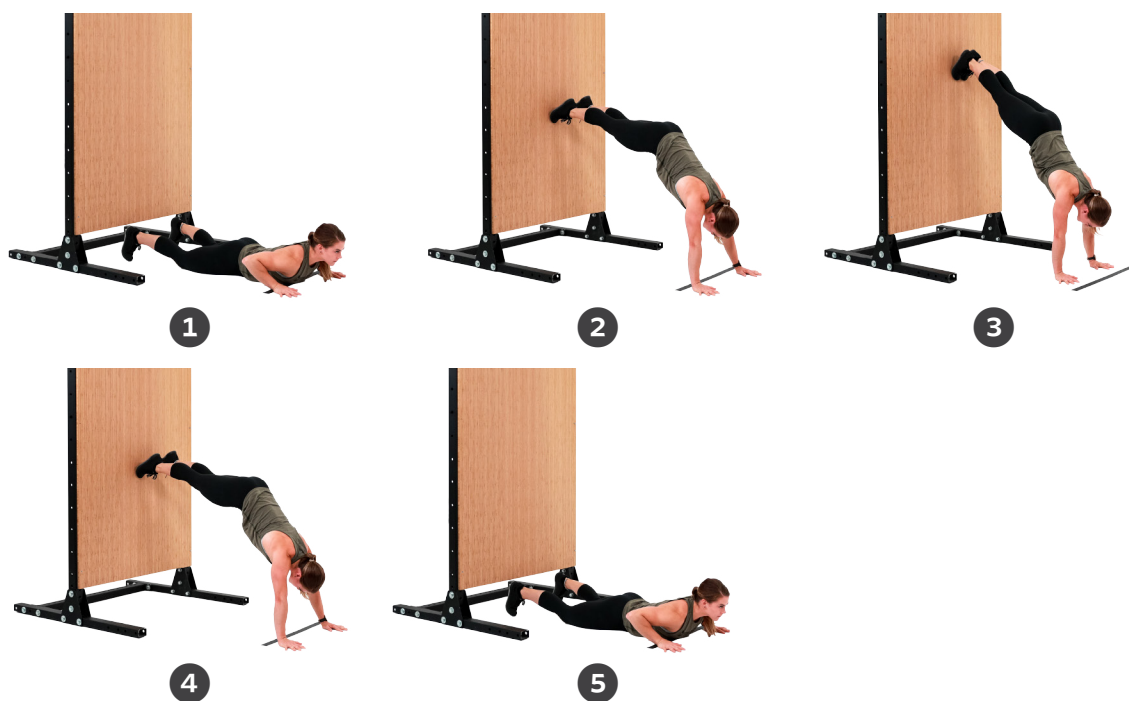
MOVEMENT STANDARDS

WALL WALK (SCALED ATHLETES AND MASTERS 55+ ONLY)

REQUIREMENTS



- Mark a tape line that measures 55 inches from the wall to the edge of the tape that is CLOSEST to the wall.
- The line must be 2 inches wide.



1. Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
 - At the start and finish of each rep, both hands must be in front of the tape line.
 - No part of the hand may be touching the line.
2. Both hands must remain in front of the tape until both feet are on the wall.
3. The athlete will walk up the wall until both hands are on the other side of the 2-inch tape line.
 - The fingers may **NOT** be touching the tape line.
4. On the descent, the feet must remain on the wall until both hands are in front of the tape line.
 - No part of the hand may be touching the line.
5. The rep is credited when the athlete returns to the starting position, with the hands in front of the line and the chest, thighs, and feet touching the ground.

MOVEMENT STANDARDS

WALL WALK (SCALED ATHLETES AND MASTERS 55+ ONLY) (CONTINUED)

COMMON NO-REPS

NOTE: This list is not exhaustive.



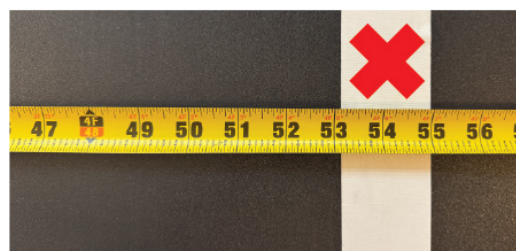
- ✗ Hands moving across the 55-inch line before both feet are on the wall.



- ✗ Not getting both hands completely in front or back of the 55-inch tape line.



- ✗ Feet touching the ground before both hands have crossed back over the 55-inch line.



- ✗ Measuring the tape line incorrectly.

25.3:

For time:

5 wall walks
50-calorie row
5 wall walks
25 deadlifts
5 wall walks
25 cleans
5 wall walks
25 snatches
5 wall walks
50-calorie row

Time cap: 20 minutes

♀ 155-lb (70-kg) deadlift, 85-lb (38-kg) clean,
65-lb (29-kg) snatch

♂ 225-lb (102-kg) deadlift, 135-lb (61-kg) clean,
95-lb (43-kg) snatch

5 WALL WALKS	5	TIME
50-CAL. ROW	55	
5 WALL WALKS	60	TIME
25 DEADLIFTS	85	
5 WALL WALKS	90	TIME
25 CLEANS	115	
5 WALL WALKS	120	TIME
25 SNATCHES	145	
5 WALL WALKS	150	TIME
50-CAL. ROW	200	

WORKOUT VARIATIONS

Rx'd: (Ages 16-54)

♀ 155-lb (70-kg) deadlift, 85-lb (38-kg) clean, 65-lb (29-kg) snatch
♂ 225-lb (102-kg) deadlift, 135-lb (61-kg) clean, 95-lb (43-kg) snatch

Teenagers 14-15:

♀ 85, 65, 45 lb (38, 29, 20 kg)
♂ 135, 95, 65 lb (61, 43, 29 kg)

Masters 55+:

♀ Scaled wall walks | 125, 65, 45 lb (56, 29, 20 kg)
♂ Scaled wall walks | 185, 95, 65 lb (83, 43, 29 kg)

Scaled: (Ages 16-54)

♀ Scaled wall walks | 85, 65, 45 lb (38, 29, 20 kg)
♂ Scaled wall walks | 135, 95, 65 lb (61, 43, 29 kg)

Scaled Teenagers 14-15, Scaled Masters 55+:

♀ Scaled wall walks | 75, 55, 35 lb (34, 25, 15 kg)
♂ Scaled wall walks | 95, 65, 45 lb (43, 29, 20 kg)

Tiebreak Time _____

Judge _____
Judge Name

Time or Reps at 20 Min. _____

☐ Rx'd ☐ Scaled

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

WORKOUT 25.3

Time or Reps at 20 Min. _____ ☐ Rx'd ☐ Scaled



Athlete Name _____ Tiebreak Time _____
Print

Workout Location _____ Date _____

Judge _____ Judge Signature _____
Judge Name

