

## WEEK 3

TEAM NAME:

JUDGE NAME:

Pre-Check:

- Wall Walk height - review measurement standards (tape line, knot of shoelaces must pass)
- 620# of DL - DL 1\_\_\_\_ DL 2\_\_\_\_ DL 3\_\_\_\_ DL 4\_\_\_\_
- DBs - 35# for men, 25# for women
- 20"/24" box (women/men)

Workout 5:

P1 & 2:

10 Synchro Deadlifts

10 Synchro Burpee Box Jump Overs

20 Synchro Deadlifts

20 Synchro Burpee Box Jump Overs

P3 & 4

30 Synchro Deadlifts

30 Synchro Burpee Box Jump Overs

**TIME:** \_\_\_\_\_

\*immediately into\*

### Workout 7

Athlete 1 will complete:

- 21 Dumbbell Thrusters (35/25)\*
- 3 Rope Climbs
- 15 Dumbbell Thrusters
- 2 Rope Climbs
- 9 Dumbbell Thrusters
- 1 Rope Climb

Immediately after athlete 1 finishes, athlete 2 will complete:

- 21 Dumbbell Thrusters (35/25)\*
- 50 Double Unders or 125 Single Unders
- 15 Dumbbell Thrusters
- 50 Double Unders or 125 Single Unders
- 9 Dumbbell Thrusters
- 50 Double Unders or 125 Single Unders

Immediately after athlete 2 finishes, athlete 3 will complete:

- 21 Dumbbell Thrusters (35/25)\*
- 4 Wall Walks
- 15 Dumbbell Thrusters
- 3 Wall Walks
- 9 Dumbbell Thrusters
- 2 Wall Walks

Immediately after athlete 3 finishes, athlete 4 will complete:

- 21 Dumbbell Thrusters (35/25)\*
- 3 x 10m Shuttle Run
- 15 Dumbbell Thrusters
- 2 x 10m Shuttle Run
- 9 Dumbbell Thrusters
- 10m Shuttle Run

**TOTAL TIME:**

**Event 7 = total time - event 6 \_\_\_\_\_**