

**EVENTS 3/4/5** Judge: \_\_\_\_\_ Team Name: \_\_\_\_\_ Team #: \_\_\_\_\_

**Pre-Workout Equipment Check:**

Dumbbells must total 180#: DB 1 \_\_\_\_\_ DB 2 \_\_\_\_\_ DB 3 \_\_\_\_\_ DB 4 \_\_\_\_\_ Wall Balls: 30/20/14/14 OR 30/20/20/10

TOTAL DB Weight: \_\_\_\_\_ (circle one)

Establish gymnastics movement stations and make sure height for jumping pull ups is set.

**With a 20-minute running clock:**

Minutes 0:00 – 14:00 (Event 3)

Buy-In

Athlete 1: \_\_\_\_\_ Cal Biked: 20/10 (circle one) Athlete 2: \_\_\_\_\_ Cal Biked: 20/10 (circle one)

Athlete 3: \_\_\_\_\_ Cal Biked: 20/10 (circle one) Athlete 4: \_\_\_\_\_ Cal Biked: 20/10 (circle one)

After Assault Bike Buy-In, complete AMRAP until 14:00 mark on clock:

20 synchro DB snatches (all 4 working)  
15 synchro Wall Ball Relay (2PWAAT)

Score is total reps completed.

Round	Synchro DB Snatches (20)	Synchro Wall Ball (2PWAAT) (15)	Synchro Wall Ball (2PWAAT) (15)	
1				50
2				100
3				150
4				200
5				250
6				300
7				350

Total Reps: \_\_\_\_\_ Event 3 Score

Minutes 14:00 – 16:00 REST

### Minutes 16:00 – 18:00 (Event 4)

Each athlete has 0:30 to complete max gymnastics movements of choice.

Jumping Pull Up = 1.5 point | Pull Up = 2.5 points | Chest-to-Bar Pull Up = 4 points | Bar Muscle Up = 10 points | Ring Muscle Up = 14 points

Time	Athlete	Movement	Reps	Point Value	Total Points (Reps x Points)
16:00-16:30					
16:30-17:00					
17:00-17:30					
17:30-18:00					

Event 4 Score = Total Points: \_\_\_\_\_

### 18:00 – 20:00 (Event 5)

Max synchro high-five burpees – all team members working.

Points of synchronization: chests on ground, hands clap while *in air*.

5	10	15	20	25	30	35	40	45	50

Event 5 Score = Total Reps: \_\_\_\_\_

**For Team Online Entry:**

Team Name: \_\_\_\_\_

Event 3 Total Reps: \_\_\_\_\_

Judge: \_\_\_\_\_

Event 4 Total Points: \_\_\_\_\_

Event 5 Total Reps: \_\_\_\_\_



**For Team Online Entry:**

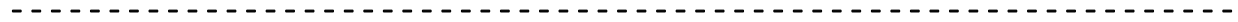
Team Name: \_\_\_\_\_

Event 3 Total Reps: \_\_\_\_\_

Judge: \_\_\_\_\_

Event 4 Total Points: \_\_\_\_\_

Event 5 Total Reps: \_\_\_\_\_



**For Team Online Entry:**

Team Name: \_\_\_\_\_

Event 3 Total Reps: \_\_\_\_\_

Judge: \_\_\_\_\_

Event 4 Total Points: \_\_\_\_\_

Event 5 Total Reps: \_\_\_\_\_



**For Team Online Entry:**

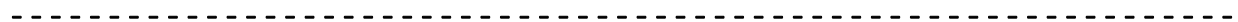
Team Name: \_\_\_\_\_

Event 3 Total Reps: \_\_\_\_\_

Judge: \_\_\_\_\_

Event 4 Total Points: \_\_\_\_\_

Event 5 Total Reps: \_\_\_\_\_



**For Team Online Entry:**

Team Name: \_\_\_\_\_

Event 3 Total Reps: \_\_\_\_\_

Judge: \_\_\_\_\_

Event 4 Total Points: \_\_\_\_\_

Event 5 Total Reps: \_\_\_\_\_