



Individual Week 3 Event 3ab Scorecard | All Divisions

Scores Due: Tuesday, 11/24/2020 at 7pm CST

With a running Clock:

0-6:00 Event 3a

For Time: 6:00 CAP

3 Rounds:

15 Double Dumbbell Hang Squat Clean

15 Chest to Bar Pull ups

6:00- 8:00 Rest

8:00-20:00 Event 3b

For Time:

3 Rounds:

10 Double Dumbbell Ground to Overhead

5 Ring Muscle ups

2 Rounds:

10 Single Arm Dumbbell Snatch, Alternating

3 Ring Muscle ups

1 Round:

30 Box Jump Overs

1 Ring Muscle up

All workout variations can be found in the workout description on the next page.

Event 3a	Double Hang Squat Clean	Chest to Bar Pull up	Reps
Round 1	15	15	30
Round 2	15	15	60
Round 3	15	15	90

3a Total Time or Reps:

Event 3b		Total Reps
10 Double DB Ground to Overhead	10	10
5 Ring Muscle ups	5	15
10 Double DB Ground to Overhead	10	25
5 Ring Muscle ups	5	30
10 Double DB Ground to Overhead	10	40
5 Ring Muscle ups	5	45
10 Dumbbell Snatch, Alternating	10	55
3 Ring Muscle ups	3	58
10 Dumbbell Snatch, Alternating	10	68
3 Ring Muscle ups	3	71
30 Box Jump Overs	30	101
1 Ring Muscle up	1	102

3b Total Time or Reps:

3a Time or Reps Completed, Rx or Scaled	
3b Time or Reps Completed, Rx or Scale	
Athlete Name (please print):	
Athlete Signature:	
Judge Name (please print):	

Week 3 Event 3ab | Workout Variations

18-34, 35-39, 40-44

Rx

With a running Clock:

0-6:00 Event 3a

For Time: 6:00 CAP

3 Rounds:

15 Double Dumbbell Hang Squat Clean 50/35#

15 Chest to Bar Pull ups

6:00- 8:00 Rest

8:00-20:00 Event 3b

For Time:

3 Rounds:

10 Double Dumbbell Ground to Overhead 50/35#

5 Ring Muscle ups

2 Rounds:

10 Single Arm Dumbbell Snatch, Alternating 50/35#

3 Ring Muscle ups

1 Round:

30 Box Jump Overs 30/24"

1 Ring Muscle up

18-34, 35-39, 40-44

Scaled

With a running Clock:

0-6:00 Event 3a

For Time: 6:00 CAP

3 Rounds:

15 Double Dumbbell Hang Squat Clean 35/20#

15 Ring Rows

6:00- 8:00 Rest

8:00-20:00 Event 3b

For Time:

3 Rounds:

10 Double Dumbbell Ground to Overhead 35/20#

5 Burpee Jumping Pull ups

2 Rounds:

10 Single Arm Dumbbell Snatch, Alternating 35/20#

3 Burpee Jumping Pull ups

1 Round:

30 Box Jump Overs 24/20"

1 Burpee Jumping Pull u/p

14-17, 45-49, 50-54, 55-59, 60+

Rx

With a running Clock:

0-6:00 Event 3a

For Time: 6:00 CAP

3 Rounds:

15 Double Dumbbell Hang Squat Clean 35/20#

15 Pull ups

6:00- 8:00 Rest

8:00-20:00 Event 3b

For Time:

3 Rounds:

10 Double Dumbbell Ground to Overhead 35/20#

5 Ring Muscle ups

2 Rounds:

10 Single Arm Dumbbell Snatch, Alternating 35/20#

3 Ring Muscle ups

1 Round:

30 Box Jump Overs 24/20"

1 Ring Muscle up

14-17, 45-49, 50-54, 55-59, 60+

Scaled

With a running Clock:

0-6:00 Event 3a

For Time: 6:00 CAP

3 Rounds:

15 Double Dumbbell Hang Squat Clean 35/20#

15 Ring Rows

6:00- 8:00 Rest

8:00-20:00 Event 3b

For Time:

3 Rounds:

10 Double Dumbbell Ground to Overhead 35/20#

5 Burpee Jumping Pull ups

2 Rounds:

10 Single Arm Dumbbell Snatch, Alternating 35/20#

3 Burpee Jumping Pull ups

1 Round:

30 Box Jump/Step Overs 20"

1 Burpee Jumping Pull up

Notes

This is a two part workout, Event 3a and Event 3b with a running clock. 3a will be performed between 0-6:00. There will be a rest between 6-8:00. Event 3b will be performed between 8-20:00 The workout begins with the clock set to TIME UP 20:00, with the dumbbells on the floor and the athlete standing tall. After the call of "3, 2, 1.. go," the athlete may begin performing Event 3a.

The athlete's score for 3a will be the time recorded after the last Chest to Bar or Ring Row is completed. If the athlete has not completed all the required repetitions within the time cap, the athlete's score will be the total number of reps completed.

The athlete's score for event 3b will be the time ON THE CLOCK recorded after the last Ring Muscleup or Burpee Pull up. If the athlete has not completed all the required reps within the time cap, the athlete's score will be the total number of reps completed.

Athletes may perform 3a Rx and 3b Scaled (or vice versa) if they wish. They are scored separately.

There is no tiebreak for this workout.

Video Submission Requirements

Clearly state your name or team name at the beginning of the video.

Film the dumbbells so the loads can be seen clearly, and show the height of the box with a tape measure.

Videos must be uncut and unedited to accurately display the performance.

A clock or timer must be visible throughout the workout.

Shoot the video so all exercises can be seen clearly meeting the movement standards.

Videos shot with a fisheye lens or similar lens may be rejected.

Movement Standards

Double Dumbbell Hang Squat Clean

Before beginning the first rep of a set, the dumbbells must be deadlifted from the ground to the hip with hips fully open and knees fully extended, and the arms straight and down to the side outside of the legs. Then the athlete can dip down for the first rep. The movement starts with a dumbbell in each hand, arms straight and to the sides, and the athlete standing fully up with hips open and knees fully extended. The athlete will clean the dumbbells up to the shoulders, and pass through the bottom of a squat with the hip crease passing below the top of the knee. The rep ends when the athlete stands all the way up with the dumbbells on the shoulders and hips all the way open and knees fully locked out.

Double Dumbbell Ground to Overhead

The movement begins with the dumbbells on the ground, inside or outside of the legs. The movement ends with both dumbbells fully locked out overhead and in line with the body, and arms, elbows, and shoulders fully extended, with hips fully extended and knees locked out.

The athlete may snatch or clean and jerk the dumbbells overhead.

Only one head of each dumbbell must touch the ground inbetween reps.

Box Jump Over or Step Over

The box jump over starts with the athlete standing on one side of the box. They will jump off of two feet and land on the top of the box with two feet. The athlete may either step or jump down to the other side the box. The rep ends when box feet are on the other side of the box. There is no requirement to open the hips at any time during the exercise. If the athlete chooses, they may jump clear over the box, as long as they jump off of two feet and land on two feet on the other side.

The box stepover starts with the athlete standing on one side of the box. They will step up on top of the box and over to the other side. There is no requirement for both feet to touch the top of the box. There is no requirement for the hips to open at any time during the exercise.

Single Arm Dumbbell Snatch, alternating

The dumbbell snatch starts with the dumbbell on the ground and finishes with the dumbbell directly overhead. At the bottom of the movement, BOTH heads of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch-and-go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition.

At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

Pull up

This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground and heels passing behind the vertical plane of the pullup bar.

At the top, the chin must clearly rise above the horizontal plane of the pullup bar.

Any grip style may be used, overhand, underhand or mixed. Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not. Overhand, underhand, or mixed grips are all permitted.

Chest to Bar Pull up

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground and heels passing behind the vertical plane of the pullup bar.

At the top, the chest must clearly come into contact with the bar below the collarbone.

Any grip style may be used, overhand, underhand or mixed. Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not. Overhand, underhand, or mixed grips are all permitted.

Ring Row

The bottom of the rings must be 34" off of the ground. A tape line for the heels must be placed in line with the pull up bar.

The movement starts with the athlete's heels touching the ground on the other side of the tape line, and they are leaned back with arms completely straight.

The athlete will pull their chest up to the rings while keeping their heels on the ground on the other side of the tape line. The movement ends with the athlete touching their chest or shoulders to both rings at the same time.

Ring Muscle up

Begin hanging from the rings, with arms fully extended and feet off the ground. If performing consecutive kipping muscle-ups, a change of direction below the rings is required.

The rep is credited when the elbows are fully locked out in the support position. Must pass through some portion of a dip before reaching lockout. Kipping is allowed, but swings or rolls to support are not permitted. No part of the foot may rise above the rings during the kip.

Burpee Jumping Pull up

The bar should be at least six inches above the top of the head when standing tall. Plates or other stable platforms may be required to decrease the distance between the top of the head and the bar.

The rep starts with the burpee. The athlete must touch their chest to the ground at the bottom of the burpee. They can jump or step up and down to and from the ground. **At the start of each jumping pull up rep, lower until the arms are fully extended and chest passes through the verti**

cal plane of the bar. The rep is credited after the athlete jumps and pull their chin up over the horizontal plane of the bar.

Scores Due: Tuesday, 11/24/2020 at 7pm CST

With a running Clock:

0-6:00 Event 3a

For Time: 6:00 CAP

3 Rounds:

25 Air Squats

10 Burpees over Line

6:00- 8:00 Rest

8:00-20:00 Event 3b

For Time:

3 Rounds:

20 Reverse Lunges, Alternating

5 Wall Walks

2 Rounds:

20 Reverse Lunges, Alternating

3 Wall Walks

1 Round:

20 Reverse Lunges, Alternating

30 Hand Release Push Ups

All workout variations can be found in the workout description on the next page.

Event 3a	Air Squats	Burpees over Line	Reps
Round 1	25	10	35
Round 2	25	10	70
Round 3	25	10	105

3a Total Time or Reps:

Event 3b		Total Reps
20 Reverse Lunges, Alternating	20	20
5 Wall Walks	5	25
20 Reverse Lunges, Alternating	20	45
5 Wall Walks	5	50
20 Reverse Lunges, Alternating	20	70
5 Wall Walks	5	75
20 Reverse Lunges, Alternating	20	95
3 Wall Walks	3	98
20 Reverse Lunges, Alternating	20	118
3 Wall Walks	3	121
20 Reverse Lunges, Alternating	20	141
30 Hand Release Push ups	30	171

3b Total Time or Reps:

3a Time or Reps Completed	
3b Time or Reps Completed	
Athlete Name (please print):	
Athlete Signature:	
Judge Name (please print):	

Week 3 Event 3ab | Bodyweight Workout

All Divisions

With a running Clock:

0-6:00 Event 3a

For Time: 6:00 CAP

3 Rounds:

25 Air Squats

10 Burpees over Line

6:00- 8:00 Rest

8:00-20:00 Event 3b

For Time:

3 Rounds:

20 Reverse Lunges, Alternating

5 Wall Walks

2 Rounds:

20 Reverse Lunges, Alternating

3 Wall Walks

1 Round:

20 Reverse Lunges, Alternating

30 Hand Release Push ups

Notes:

This is a two part workout, Event 3a and Event 3b with a running clock. 3a will be performed between 0-6:00. There will be a rest between 6-8:00. Event 3b will be performed between 8-20:00 The workout begins with the clock set to TIME UP 20:00, and the athlete standing tall. After the call of "3, 2, 1.. go," the athlete may begin performing Event 3a.

Before the workout begins, you will need to place 3 lines of tape:

1 Tape Line for Lateral Burpees: Place a line of tape on the floor for lateral burpees.

2 Tape Lines for Wall Walks: Lay on the ground perpendicular to the wall with feet touching the wall, and with your arms touching your sides. Place a line of tape where your elbows are. Place another line of tape 12" from the wall.

Video Submission Requirements

Clearly state your name or team name at the beginning of the video.

Videos must be uncut and unedited to accurately display the performance.

A clock or timer must be visible throughout the workout.

Shoot the video so all exercises can be seen clearly meeting the movement standards.

Videos shot with a fisheye lens or similar lens may be rejected.

Movement Standards

Air Squat

The movement starts with the athlete standing all the way up with hips and knees open and fully extended. The athlete will squat down with the hip crease passing below the knee. The movement ends when the athlete is once again standing all the way up with hips and knees open and fully extended. CHEST UP!

Burpee Over Line

Before the workout begins, place a line of tape on the ground. The burpee starts with the athlete standing on one side of the tape line (facing the line). The athlete must touch their chest to the ground and then stand back up. The athlete will jump over the line. The rep is counted when the athlete is fully on the other side of the line. There is no requirement to open hips at the top, but you must FACE THE LINE when you do the burpee.

Wall Walk

Before starting the workout, lay on the ground perpendicular to the wall with feet touching the wall, and with your arms touching your sides. Place a line of tape where your elbows are. Place another line of tape 12" from the wall.

The wall walk starts with the athlete in a plank position with feet touching the wall and hands in front of the tape line (away from the wall). The athlete will walk up the wall with their feet until their hands are on the inside of the 12" tape line (closest to the wall). The athlete will walk back down the wall and the rep ends when both hands cross the outside tape line that was measured at the elbows.

Reverse Lunge

The reverse lunge begins with the athlete standing all the way up with feet under hips, and hips and knees fully open and locked out. The athlete will step backwards with one leg, touch the knee to the ground, and then step back forward so the foot is next to the other foot. The movement ends with feet under hips and knees and hips fully open and extended. CHEST UP. The athlete must alternate legs for each rep. Each leg = 1 rep.