



ONLINE 2019

Name: _____

WOD 3

0-7min = PART A –AMRAP

- 2 HSPU
- 10 Power Clean
- 4 HSPU
- 10 Power Clean
- 6 HSPU
- 10 Power Clean
- ... etc (add 2 HSPU each round)

RX – 60/40kg, Strict HSPU

Masters/Intermediate – 50/35kg

Kipping HSPU w/ 1 ab mat

Scaled – 45/30kg

Hand Release Push Ups

7-10min = Rest

10-20min = PART B – For Time

- 35 Wall Balls
- 1 Power Clean
- 28 Wall Balls
- 2 Power Cleans
- 21 Wall Balls
- 3 Power Cleans
- 15 Wall Balls
- 4 Power Cleans
- 9 Wall Balls
- 5 Power Cleans

RX – 100/70kg, WB 9/6kg

Masters/Intermediate – 75/55kg, WB 9/6kg

Scaled – 50/35kg, WB 6/3kg

Wall Ball Height – 10/9ft

<u>PART A</u>	HSPU	Power Cleans	Total
Rd 1	2	1 2 3 4 5 6 7 8 9 10	12
Rd 2	4	1 2 3 4 5 6 7 8 9 10	26
Rd 3	6	1 2 3 4 5 6 7 8 9 10	42
Rd 4	8	1 2 3 4 5 6 7 8 9 10	60
Rd 5	10	1 2 3 4 5 6 7 8 9 10	10
Rd 6	12	1 2 3 4 5 6 7 8 9 10	102
Rd 7	14	1 2 3 4 5 6 7 8 9 10	126
Rd 8	16	1 2 3 4 5 6 7 8 9 10	152
Rd 9	18	1 2 3 4 5 6 7 8 9 10	180
Rd 10	20	1 2 3 4 5 6 7 8 9 10	210

** CIRCLE FINAL REP ** Reps Completed: _____

<u>PART B</u>	Wall Balls	Power Clean	Total
Rd 1	35 Wall Balls	1	36
Rd 2	28 Wall Balls	1 2	66
Rd 3	21 Wall Balls	1 2 3	90
Rd 4	15 Wall Balls	1 2 3 4	109
Rd 5	9 Wall Balls	1 2 3 4 5	128

** CIRCLE FINAL REP IF NOT COMPLETED **

Finish Time OR Reps Completed: _____

WOD 3A – Reps _____

WOD 3B – Time OR Reps Completed _____

Judge Signature: _____

Athlete Signature: _____