



TEAM OF 3 QUALIFIER – WORKOUT 3

7.5.17 7 PM CDT – 7.17.17 7 PM CDT

ATHLETE #1

ATHLETE #2

ATHLETE #3

14 MINUTE AMRAP

5 snatches
10 chest to bar pull-ups*
15 burpee box jump overs

5 snatches	5
10 chest to bar pull-ups*	15
15 burpee box jump overs	30
5 snatches	35
10 chest to bar pull-ups*	45
15 burpee box jump overs	60
5 snatches	65
10 chest to bar pull-ups*	75
15 burpee box jump overs	90
5 snatches	95
10 chest to bar pull-ups*	105
15 burpee box jump overs	120
5 snatches	125
10 chest to bar pull-ups*	135
15 burpee box jump overs	150

14 MINUTE AMRAP

5 snatches
10 chest to bar pull-ups*
15 burpee box jump overs

5 snatches	5
10 chest to bar pull-ups*	15
15 burpee box jump overs	30
5 snatches	35
10 chest to bar pull-ups*	45
15 burpee box jump overs	60
5 snatches	65
10 chest to bar pull-ups*	75
15 burpee box jump overs	90
5 snatches	95
10 chest to bar pull-ups*	105
15 burpee box jump overs	120
5 snatches	125
10 chest to bar pull-ups*	135
15 burpee box jump overs	150

14 MINUTE AMRAP

5 snatches
10 chest to bar pull-ups*
15 burpee box jump overs

5 snatches	5
10 chest to bar pull-ups*	15
15 burpee box jump overs	30
5 snatches	35
10 chest to bar pull-ups*	45
15 burpee box jump overs	60
5 snatches	65
10 chest to bar pull-ups*	75
15 burpee box jump overs	90
5 snatches	95
10 chest to bar pull-ups*	105
15 burpee box jump overs	120
5 snatches	125
10 chest to bar pull-ups*	135
15 burpee box jump overs	150

TOTAL

TOTAL

TOTAL

ALL DIVISIONS

PRO/ASRX

14 MINUTE AMRAP
5 snatches (135/95lbs)
10 chest to bar pull-ups
15 burpee box jump overs (24/20in)

MASTER 35+

14 MINUTE AMRAP
5 snatches (115/75lbs)
10 chest to bar pull-ups
15 burpee box jump overs (24/20in)

INTERMEDIATE/SCALED

14 MINUTE AMRAP
5 snatches (95/65lbs)
10 pull-ups
15 burpee box jump overs** (24/20in)
**step-overs allowed

Presented By:





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EQUIPMENT

To complete this workout you will need:

- Barbell
- Collars
- Plates
- Pull-up bar
- Plyo box

NOTES

A clean and jerk is **NOT PERMITTED**. A press from overhead **IS ALLOWED** as long as the bar does not come in contact with the athlete's head or shoulders. In the box jump-over, there is no requirement to stand tall while on top of the box.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell that will be used so that the loads can be clearly seen. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch, or a WOD clock will need to be visible through the entire workout. Video should be shot from an angle so that all required movements are visibly clear on each rep.

Please be sure you have enough battery life, memory and time to upload your video. You may need to [increase your limit on YouTube](#) in order to allow a longer video.

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– MOVEMENT STANDARDS –



SNATCH

In the snatch, the barbell goes directly from the ground to overhead in one motion without stopping at the shoulders or touching the body anywhere above the hips. This can be a muscle snatch, a power snatch, a squat snatch or a split snatch. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, the bar directly over the heels and the feet in line with the hips. A press from overhead will be allowed as long as the bar does not come in contact with the athlete's head or shoulders.



CHEST TO BAR PULL-UPS

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 of the pull-up, with the feet off the ground. At the top, the chest must clearly come into contact with the bar below the collarbone.

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– MOVEMENT STANDARDS CONT. –



BURPEE BOX JUMP OVER/STEP OVERS

The burpee box jump-over starts with the athlete facing the box while touching their chest and thighs to the ground, and finishes with the athlete jumping over the box. In the bottom position, to ensure the athlete remains perpendicular to the box on each rep, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line.

In the box jump-over, there is no requirement to stand tall while on top of the box. A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing.

In the box step-over, there is no requirement to stand tall while on top of the box. Only the athlete's feet may touch the box. The athlete may step up or jump on top of the box, and then jump or step down on the other side. The athlete may also jump completely over the box, in which the feet must go over the box, not around it.

Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

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