



W O D 3

FOR REPS / TIME CAP: 20MIN

MOVEMENTS	1	2	3	4	5	6	7	8	9
12 CALORIE ROW									
10 TOES TO BAR									
8 SHOULDER TO OH. MALE: 60KG FEMALE: 40KG									

POSSIBLE REPS	30	60	90	120	150	180	210	240	270
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MOVEMENTS	10	11	12	13	14	15	16	17	18
12 CALORIE ROW									
10 TOES TO BAR									
8 SHOULDER TO OH. MALE: 60KG FEMALE: 40KG									

POSSIBLE REPS	300	330	360	390	420	450	480	510	540
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**YOUR WOD 3 SCORE:
FOR TOTAL REPS**

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED AT THE TIME CAP

GENDER O Male O Female	ATHLETE NAME X	JUDGE NAME X	JUDGE INT.
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W O D 3

SCORE IS DETERMINED BY THE TOTAL REPS COMPLETED

This workout begins with the athlete seated on the rower with the monitor set to zero calories. At the call of “3-2-1 ... go,” the athlete will grab the handle and begin rowing. Once the athlete has completed 12 calories the athlete will move to the pull-up bar for 10 toes-to-bar. When the athlete finishes his/her toes-to-bar he/she moves to the barbell and performs 8 shoulder-to-overhead. After the last shoulder-to-overhead, the athlete will move back to the rower and begin the next round.

Prior to starting the workout, the athlete will need to set up a barbell, with standard plates.

The athlete’s score for 3 will be the total number of repetitions completed before the 20-minute time cap. You will enter your result by the total number of reps completed. So, if an athlete completes 5 rounds and 10 cal row, their score will be 160.

MOVEMENT STANDARDS

ROW: The athlete may begin the workout seated in the rower but may not grab the handle until the call of “go.” The monitor must be set to zero at the beginning of each round. The athlete or the judge may reset the monitor.

TOES TO BAR (T2B): In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must break the plane of the pull up bar.

SHOULDER TO OVERHEAD (S2OH): A shoulder press, push press, push jerk or split jerk may be used, as long as the elbows, shoulder, hips and knees are fully extended, and the bar finishes directly over the athletes body with the feet inside or in line with the shoulders. Each round, the barbell must begin on the ground. Using a rack is not permitted.

EQUIPMENT NEEDED

- Barbell
- Standard bumper plates (18-in. diameter) and change plates
- Collars
- Pull-up bar

The official weights are in kilograms. For your convenience, the minimum acceptable weights in kilograms are 60kg (135 lb.)/40kg (90 lb.).

VIDEO SUBMISSIONS

Independent athletes will have to film and post a link to their video. We recommend athletes use Wodproof where the workouts have already been preprogramed.

Prior to starting, film the equipment to be used so the weight and plate size can be seen clearly. Introduce yourself and which workout you are about to do. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.