



WORKOUT 3

Cap - 9 mins

Athlete Name: _____

RX	Scaled	Scaled Plus
----	--------	-------------

	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Rnd 7	Rnd 8	Rnd 9
9 2-fer-1 Double Dumbbell Thrusters	9	63	117	171	225	279	333	387	441
45 Double Unders	54	108	162	216	270	324	378	432	450



Total Reps

Film the dumbbells so the loads can be seen clearly. Videos must be uncut and unedited to accurately display the performance. Your 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.

RX : All 4 athletes completed the workout as prescribed

Scaled: All 4 athletes completed the workout to the scaled prescription

Scaled Plus: All 4 athletes complete the workout to the scaled plus prescription

Mixed Level: Lowest level athlete determines category

