



### WOD 3 – HANGIN’ TOUGH (ADVANCED AND INTERMEDIATE)

TEAM NAME: \_\_\_\_\_ JUDGES NAME: \_\_\_\_\_ ADV.  INT.

#### SET A CONTINUOUS RUNNING CLOCK FOR 25 MINUTES

#### **PART A (FROM 0:00 – 06:00) - 6 mins to find your 1RM Clean & Jerk**

Score is each athlete’s heaviest lift combined

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5
ATHLETE 1					
ATHLETE 2					

**Athlete 1 heaviest successful lift:** \_\_\_\_\_ **Athlete 2 heaviest successful lift:** \_\_\_\_\_

**Combined Weight:** \_\_\_\_\_

**\* 1 MIN REST, THEN:**

#### **PART B (FROM 07:00-25:00) -**

**For time (18 minute time cap)**

##### **ADVANCED**

##### **For Time:**

- 9 Rounds:
- 9 Bar Muscle Ups
- 11 Clean & Jerks @ 47.5kg
- 9 Back Squats @ 47.5kg

##### **INTERMEDIATE**

##### **For Time:**

- 9 Rounds:
- 9 Chest to Bar
- 11 Clean & Jerks @ 35kg
- 9 Back Squats @ 35kg

	9 Bar Muscle Ups/Chest to Bar	11 Clean & Jerks	9 Back Squats	Reps
Round 1				29
Round 2				58
Round 3				87
Round 4				116
Round 5				145
Round 6				174
Round 7				203
Round 8				232
Round 9				261

**Completed Time:** \_\_\_\_\_

**(\* IF TIME CAPPED – 18 MINUTES PLUS 1 SECOND FOR EACH REP NOT COMPLETED (i.e. Should you complete 251 reps of the total 261 at the end of the 18 min time cap your score will be 18:10, as you had 10 reps to go before finishing)**



### WOD 3 – HANGIN’ TOUGH (BEGINNERS)

TEAM NAME: \_\_\_\_\_ JUDGES NAME: \_\_\_\_\_ ADV.  INT.  BEG.

#### SET A CONTINUOUS RUNNING CLOCK FOR 25 MINUTES

#### **PART A (FROM 0:00 – 06:00) - 6 mins to find your 1RM Clean & Jerk**

Score is each athlete’s heaviest lift combined

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	ATTEMPT 5
ATHLETE 1					
ATHLETE 2					

**Athlete 1 heaviest successful lift:** \_\_\_\_\_ **Athlete 2 heaviest successful lift:** \_\_\_\_\_

**Combined Weight:** \_\_\_\_\_

**\* 1 MIN REST, THEN:**

#### **PART B (FROM 07:00-25:00) -**

**For time (18 minute time cap)**

#### **BEGINNERS**

##### **For Time:**

- 9 Rounds:
- 18 Jumping Pull Ups
- 11 Clean & Jerks @ 25kg
- 18 Back Squats @ 25kg

	18 Jumping Pull Ups	11 Clean & Jerks	18 Back Squats	Reps
Round 1				47
Round 2				94
Round 3				141
Round 4				188
Round 5				235
Round 6				282
Round 7				329
Round 8				376
Round 9				423

**Completed Time:** \_\_\_\_\_

**(\* IF TIME CAPPED – 18 MINUTES PLUS 1 SECOND FOR EACH REP NOT COMPLETED (i.e. Should you complete 413 reps of the total 423 at the end of the 18 min time cap your score will be 18:10, as you had 10 reps to go before finishing)**