



EVENT 3

TEAM NAME: _____

JUDGES NAME: _____ ADV.

BEG.
MAST.

BEG.

FOR TIME (WITH A 20 MINUTE TIME CAP)

10 ROUNDS ALTERNATING (5 ROUNDS EACH)

EACH PARTNER COMPLETES A FULL ROUND CONSISTING OF THE FOLLOWING BEFORE CHANGING OVER:

RX	INTERMEDIATE / MASTERS	BEGINNERS
150 metre row 8 Dumbbell Devils Press @15kg 6 Dumbbell box step overs @15kg (dual held by side) to a 20" box *10M ROW = 1 REP	150 metre row 10 Dumbbell Devils Press @10kg 8 Dumbbell box step overs @10kg (dual held by side) to a 20" box *10M ROW = 1 REP	150 metre row 8 Dumbbell Devils Press @10kg 6 Dumbbell box step overs @10kg (one dumbbell held anyway) to a 20" box *10M ROW = 1 REP

RX & BEGINNERS

	150m row	8 Devils Press	6 Box Step Overs	
Partner 1 Round 1				29
Partner 2 Round 1				58
Partner 1 Round 2				87
Partner 2 Round 2				116
Partner 1 Round 3				145
Partner 2 Round 3				174
Partner 1 Round 4				203
Partner 2 Round 4				232
Partner 1 Round 5				261
Partner 2 Round 5				290

INTERMEDIATE & MASTERS

	150m row	10 Devils Press	8 Box Step Overs	
Partner 1 Round 1				33
Partner 2 Round 1				66
Partner 1 Round 2				99
Partner 2 Round 2				132
Partner 1 Round 3				165
Partner 2 Round 3				198
Partner 1 Round 4				231
Partner 2 Round 4				264
Partner 1 Round 5				297
Partner 2 Round 5				330

Completed Time: _____ or Complete Reps if Time Capped _____

Completed Time: _____ or Complete Reps if Time Capped _____

(* IF TIME CAPPED ENTER THE NUMBER OF COMPLETED REPS. Your score will be 20 minutes plus a second for every rep not completed.)