



## WORKOUT 3 BEGINNER: ALL ON THE LINE

For Time

Time Cap : 12 Minutes

PART A	Reps						Tie Break
30m Bear Crawl - Athlete 1	[1]	[2]	[3]	[4]	[5]	[6]	
30m Bear Crawl - Athlete 2	[7]	[8]	[9]	[10]	[11]	[12]	
20 / 15 Calorie Bike - Athlete 1	[17]	[22]	[27]	[32]			
20 / 15 Calorie Bike - Athlete 2	[37]	[42]	[47]	[52]			
30 Pike Push Ups - Shared	[57]	[62]	[67]	[72]	[77]	[82]	
<b>Bear Crawl:</b> 5m = 1 rep <b>Assault Bike:</b> • Men: 20 calories • Women: 15 calories • Advance the rep counter in 5-rep increments • Both athletes reach 20 reps upon completion <b>Pike Pushup:</b> 1 PPU = 1 rep	<b>Completed Time / Reps :</b>						
	<b>Tie Break Time :</b>						

PART B	Reps		Total Reps
False Grip Ring Rows to Chest			

Team Name	
Captain Signature	
Judge name	
Judge signature	

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<b>PART A Completed Time / Reps :</b>	
<b>PART B Completed Reps :</b>	
<b>Tie break time :</b>	:
Team Name	
Captain Signature	
Judge name	
Judge signature	

