



WORKOUT 3 INTERMEDIATE: ALL ON THE LINE

For Time

Time Cap : 12 Minutes

PART A	1	2	3	4	5	6	Tie Break
20m HS Walk / 16 Wall Walks - Athlete 2	[1]	[2]	[3]	[4]			
20m HS Walk / 16 Wall Walks - Athlete 1	[6]	[7]	[8]	[9]			
30 / 25 Calorie Bike - Athlete 1	[15]	[20]	[25]	[30]	[35]	[40]	:
30 / 25 Calorie Bike - Athlete 2	[45]	[50]	[55]	[60]	[65]	[70]	
30 Kipping HSPU - Shared	[75]	[80]	[85]	[90]	[95]	[100]	
Each athlete chooses Handstand Walk or Wall Walks before the workout begins Handstand Walk: 5m = 1 rep (20m = 4 reps) Wall Walks: Every 4 reps = 1 scored rep Assault Bike: • Men: 30 calories • Women: 25 calories • Advance the rep counter in 5-rep increments • Both athletes reach 30 reps upon completion Kipping Handstand Push-Ups: 1 rep = 1 rep	Completed Time / Reps :						
	Tie Break Time :						

PART B	Reps	Total Reps
Low Ring Transitions		

Team Name	
Captain Signature	
Judge name	
Judge signature	

WORKOUT 3 RX: ALL ON THE LINE	
PART A Completed Time / Reps :	
PART B Completed Reps :	
Tie break time :	:
Team Name	
Captain Signature	
Judge name	
Judge signature	

