



WORKOUT 3 RX: ALL ON THE LINE

For Time

Time Cap : 12 Minutes

PART A	1	2	3	4	5	6	Tie Break
30m Handstand Walk - Athlete 1	[1]	[2]	[3]	[4]	[5]	[6]	:
30m Handstand Walk - Athlete 2	[7]	[8]	[9]	[10]	[11]	[12]	
30 / 25 Calorie Bike - Athlete 1	[17]	[22]	[27]	[32]	[37]	[42]	
30 / 25 Calorie Bike - Athlete 2	[47]	[52]	[57]	[62]	[67]	[72]	
30 Wal Facing HSPU - Shared	[77]	[82]	[87]	[92]	[97]	[102]	
Handstand Walk: 5m = 1 rep Assault Bike: • Men: 30 calories • Women: 25 calories • Advance the rep counter in 5-rep increments • Both athletes reach 30 reps upon completion HSPU: 1 rep = 1 rep	Completed Time / Reps :						
	Tie Break Time :						:

PART B	Reps	Total Reps
Ring Muscle Ups		

Team Name	
Captain Signature	
Judge name	
Judge signature	

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

