Workout #3 Movement Standards - **A Pomeranian of Light and Wonder**

Double Unders

- Double Unders - The rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.
- Single Unders - The rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.
- Only 1 athlete working at a time. Each athlete must perform movement
- Must complete 300 reps total before moving onto next movement
- The Double-under

Assault Bike



- Team must complete 150 calories on the assault bike before moving onto the next movement.
- Only 1 athlete working at a time. Each athlete must perform movement

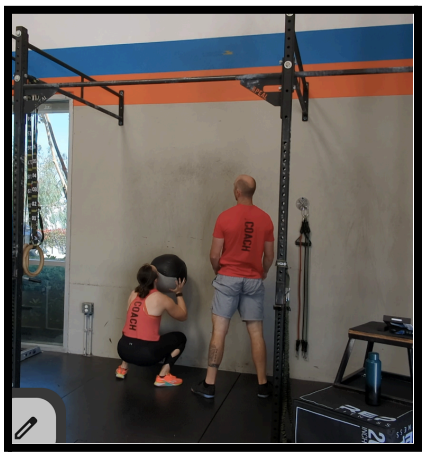
Partner Wallball Shots

Each athlete must adhere to standard wallball movement standards. The team must split reps to complete 75 total wallball shots. The wall ball must hit the target before being received by the other teammate. Please view movement standard video for further clarification on the CrossFit FLxR BLOG.

- At the start of each rep, the ball must be in the support position in front of the athlete's body
- Squat until the hip crease is below the knees
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground.
- The rep is credited when the center of the ball hits the target clearly
- If the ball hits low or does not hit the wall, the rep will not count
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce







WOD #3 VIDEO LINK