

Team Name: _____

Team Division: _____

Workout #1 Scorecard - **3 Rep is the Best**

Sponsored By: BUBs Naturals

Part A - (10 min cap)

→ cal on runner

→ 20 wall walks

→ cal on runner

Part B - (14 min total time cap)

→ 3 rep overhead squat

- **RX**

- MM - 75 calories per round/150 calories total
- FF - 65 calories per round/130 calories total
- MF - 70 calories per round/140 calories total
- Wall Walks

- **SX**

- MM - 65 calories per round/130 calories total
- FF - 55 calories per round/110 calories total
- MF - 60 calories per round/120 calories total
- Scaled Wall Walks
- Part B - 3 rep front squat

- **Total Time Cap** - 14 min

- **Standards -**

- Part A:

- Split reps as athletes see fit
- Athletes can start on the runner; screen set by judge; not moving
- Each partner must complete at least 1 rep of each movement
- Part A has a time cap of 10 min, if time cap is hit, athletes will move on to part B and their score will be total reps completed

- Part B:

- Part B cannot start until Part A is finished completely. If Part A is complete prior to Part A time cap, athletes may proceed to Part B immediately.
- Each athlete must perform lift
- Athletes can perform lift as many times as they choose in the time left before time cap
- Barbell will come from the rig
- Athletes are allowed to load barbell for each other
- MF team will use a female barbell; plan accordingly

- **Scoring**

- Score 1A - time to complete part A
- Score 1B - heaviest load lifted by each athlete (i.e. athlete 1 = 225; athlete 2 = 255; total of 480)

Run	
Wall Walks	(20)
Run	
Part A Time -	
Athlete #1 3-rep OHS	
Athlete #2 3-rep OHS	

Part A Time: _____

Part B:

Athlete #1 load: _____

Athlete #2 load: _____

Total weight combined: _____