



WORKOUT 3

Zaterdag 16/05/20 00:00 – Woensdag 20/05/20 23:59

WORKOUT 3

FOR TIME (TIMECAP 16 MIN)
40 dips
80 up & downs over an object
120 situps
160 reverse lunges
DEVIDE ANYHOW

NOTES

After the call of “3, 2, 1 ... go,” the athlete may perform 40 dips, 80 ups & downs over an object, 120 situps and 160 reverse lunges. Athletes may perform the movements in any order, and the reps can be divided up in any manner. There are no restrictions on the sequence or combinations of movements or their corresponding repetitions. The repetitions of one movement do not have to be completed before the athlete can accumulate reps of another movement.

Regardless of where athletes choose to begin the workout, they must start fully standing. Only after the call of “3, 2, 1 ... go” may the athlete touch the equipment or ground.

WORKOUT 3: SCALED

FOR TIME (TIMECAP 16 MIN)
40 dips (with feet on ground)
80 up & downs
120 situps
160 reverse lunges
DEVIDE ANYHOW

TIEBREAK

This workout includes a tiebreak. If the athlete completes all 400 reps prior to the 16-minute time cap, their score will be their total time, and there will be no tiebreaker.

If the athlete is not able to complete the entire workout in the allotted time, a tiebreaker will be factored into their final score. Note the time when the athlete completes 80 ups & downs and 120 sit ups, regardless of how they choose to break up the work. When the athlete submits their score, there will be a space for their final rep count and an additional field for them to enter the elapsed time at which they completed the ups & downs and sit ups. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak will be ranked higher. Do NOT use a countdown timer.

EQUIPMENT

For both RX and scaled, equipment for the dips is needed. For RX, feet need to be off the ground (eg. With 2 chairs, tables, boxes, rings,...). Scaled athletes can use that equipment and keep their heels on the ground. An abmat is allowed to be used with situps. An object off at least 10 cm height is needed for the down and ups over an object.



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POINTS OF PERFORMANCE

DIPS

The dip starts with both feet from the ground, arms fully locked out while supporting yourself above the rings (or table/chair,...). Lower the shoulders by bending the elbows. The shoulders need to be lowered elbow height. Push yourself back up until locked out position. This counts as one rep. Woman and the scaled athlete can put their heels on the ground with a max bend of 90° in the knees. Male RX athletes need to have their feet off the ground the whole time while performing the dip.

POINTS OF PERFORMANCE

DOWN & UPS OVER OBJECT

Start in standing up position and bring yourself to a push up position with your legs straight and your arms locked out. Jump back on your feet, like in a burpee and bring yourself back to full extension with knees and hips locked out. RX athletes (both male and female) need to jump over an object after getting back up before it counts as a rep. Full extension is not necessary. It is allowed to jump back on the feet after being in push up position and jump over the object before fully extending. Scaled athletes need full extension of hips and knees to count as a rep. They do not need to jump over an object

POINTS OF PERFORMANCE

SIT UP

The sit up starts with the athlete on his/her back, the legs bend and the soles of the foot against each other. Both hands tap the floor behind the athletes' head. Bring yourself up without the help of hands, arms, legs or feet and tap the ground in front of your feet with both hands. Tapping the floor with only one hand behind the head or feet does NOT count as a rep. Always tap the floor with both hands together. Feet must stay together the whole exercise. The use of an abmat is allowed.

POINTS OF PERFORMANCE

REVERSE LUNGES

This is a reverse lunge. It is not a walking reverse lunge. Each lunge begins with the feet together and the athlete standing tall with hips and knees extended. At the bottom of the reverse lunge, the trailing knee must contact with the ground. The rep is credited when the athlete is standing tall with hips and knees fully extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each step.



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40 DIPS	10		20		30		40									
80 UP&DOWN	10	20	30	40	50	60	70	80								
120 SIT UPS	10	20	30	40	50	60	70	80	90	100	110	120				
160 REVERSE LUNGES	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160

WORKOUT 1

Athlete name:

Time or reps at 16 minutes:

Tiebreak Time:

Performed as: RX / Scaled (circle one)