



WEEK 3

17:00 PT Thur, Mar 12 through 17:00 PT Mon, March 16

Week 3 presented by



WORKOUT 15.3

Complete as many rounds and repetitions as possible in 14 minutes of:

- 7 muscle-ups
- 50 wall-ball shots
- 100 double-unders

Men use 20-lb. ball to 10 feet, Women use 14-lb. ball to 9 feet

NOTES

This workout begins with the athlete standing under the rings. At the call of "3-2-1 ... go," the athlete will jump up and perform muscle-ups. Once all the muscle-up reps are complete they will move to the wall-ball shots then to the double-unders. After the last double-under, the athlete will move back to the rings and begin the next round.

Your score will be the total number of repetitions completed before the 14-minute time cap. You will enter your result by the total number of reps completed plus your tiebreak time (see below).

Tiebreak

In this workout, we are using a special tiebreak method. At the end of each set of double-unders, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your last set of double-unders.

For example, a male athlete finishes 2 complete rounds, plus an additional 2 muscle-ups for a total of 316 reps. This is his score. During his second round, he finished his 100th double-under at 13:20. In this case he will enter 13:20 as his time in the tiebreak field. This athlete would be ranked above someone who got 316 reps and a tiebreak time of 13:45, but below someone with 316 reps and a tiebreak time of 13:00.

For Masters and Teens, this workout is completed in reverse order, and their tiebreak time will be the point at which they completed their last wall-ball shot.

For Scaled options there is no tiebreak.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the measuring of the height of the wall-ball target, as well as the weight of the ball, so the loads and height can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

EQUIPMENT

- Set of gymnastic rings hung so you can successfully perform a muscle-up
- Medicine ball of the appropriate weight for your division
- Wall mark or target set at the specified height
- Jump rope

For each workout, be sure the athlete has adequate space to safely complete the workout. Clear the area of all extra equipment, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are: 9-kg / 6-kg ball for Rx'd, 9-kg / 4-kg ball for Scaled, Masters and Teens, 6-kg / 4-kg ball for Scaled Masters and Scaled Teens.

MUSCLE-UP

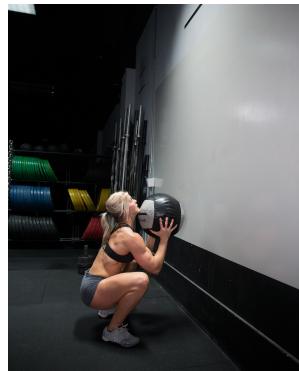


In the muscle-up, you must begin with, or pass through, a hang below the rings with arms fully extended (with or without a 'false grip') and the feet off the ground.

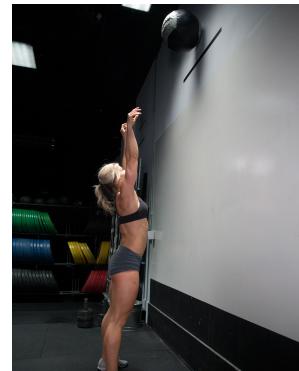


The elbows must be fully locked out while supporting yourself above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

WALL BALL

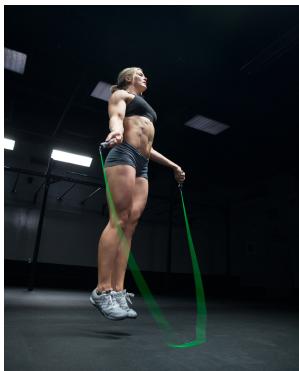


In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.



The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a no rep.

DOUBLE-UNDER



This is the standard double-under in which 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-UNDER



This is the standard single-under in which 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.



WEEK 3 WORKOUT VARIATIONS

Week 3 presented by



RX'D

(Includes Masters up to 54 years old and Teens 16-17)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 7 muscle-ups
- 50 wall-ball shots
- 100 double-unders

Men use 20-lb. ball to 10 feet, Women use 14-lb. ball to 9 feet

SCALED

(Scaled Men and Women 18-54)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 50 wall-ball shots
- 200 single-unders

Men use 20-lb. ball to 9 feet, Women use 10-lb. ball to 9 feet

MASTERS

(Masters 55+)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 100 double-unders
- 50 wall-ball shots
- 7 muscle-ups

Men use 20-lb. ball to 9 feet, Women use 10-lb. ball to 9 feet

SCALED MASTERS

(Scaled Masters 55+)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 50 wall-ball shots
- 200 single-unders

Men use 14-lb. ball to 9 feet, Women use 10-lb. ball to 9 feet

TEENS

(Teens 14-15, not including Teens 16-17)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 100 double-unders
- 50 wall-ball shots
- 7 muscle-ups

Boys use 14-lb. ball to 9 feet, Girls use 10-lb. ball to 9 feet

SCALED TEENS

(Scaled Teens 14-17)

Complete as many rounds and repetitions as possible in 14 minutes of:

- 50 wall-ball shots
- 200 single-unders

Boys use 14-lb. ball to 9 feet, Girls use 10-lb. ball to 9 feet



WEEK 3 SCORECARD (RX'D)

Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54, Teen Boys 16-17, Teen Girls 16-17

Week 3 presented by



WORKOUT 15.3

(Includes Masters up to 54 years old and Teens 16-17)

Complete as many rounds and repetitions as possible in 14 minutes of:

7 muscle-ups

50 wall-ball shots

100 doubleunders

*Men use 20-lb. ball to 10 feet,
Women use 14-lb. ball to 9 feet*

ROUND	7 MUSCLE-UPS	50 WALL-BALL SHOTS	100 DOUBLE-UNDERS	TIME
1				157
2				314
3				471
4				628
5				785
6				942
7				1099

ATHLETE NAME _____ TOTAL REPS _____ TIEBREAK TIME _____
 Print _____

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
 Name of Affiliate _____ Print _____ Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____ Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TOTAL REPS _____ TIEBREAK TIME _____
 Print _____

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
 Name of Affiliate _____ Print _____ Online Judges Course?

I confirm the information above accurately represents the athlete's performance for the workout _____ Judge Signature _____ Date _____



WEEK 3 SCORECARD (MASTERS)

Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+

Week 3 presented by



WORKOUT 15.3

(Masters 55+)

Complete as many rounds and repetitions as possible in 14 minutes of:

100 doubleunders

50 wall-ball shots

7 muscle-ups

*Men use 20-lb. ball to 9 feet,
Women use 10-lb. ball to 9 feet*

ROUND	100 DOUBLE-UNDERS	50 WALL-BALL SHOTS	TIME	7 MUSCLE-UPS	
1					157
2					314
3					471
4					628
5					785
6					942
7					1099

ATHLETE NAME _____ TOTAL REPS _____ TIEBREAK TIME _____
 Print _____

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
 Name of Affiliate _____ Print _____ Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____ Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TOTAL REPS _____ TIEBREAK TIME _____
 Print _____

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
 Name of Affiliate _____ Print _____ Online Judges Course?

I confirm the information above accurately represents the athlete's performance for the workout _____ Judge Signature _____ Date _____



WEEK 3 SCORECARD (TEENS)

Teen Boys 14-15, Teen Girls 14-15

Week 3 presented by



WORKOUT 15.3

(Teens 14-15)

Complete as many rounds and repetitions as possible in 14 minutes of:

100 doubleunders

50 wall-ball shots

7 muscle-ups

Boys use 14-lb. ball to 9 feet, Girls use 10-lb. ball to 9 feet

ROUND	100 DOUBLE-UNDERS	50 WALL-BALL SHOTS	TIME	7 MUSCLE-UPS
1				
2				
3				
4				
5				
6				
7				

ATHLETE NAME _____ TOTAL REPS _____ TIEBREAK TIME _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____ Athlete Signature _____ Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TOTAL REPS _____ TIEBREAK TIME _____
Print

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance for the workout _____ Judge Signature _____ Date



WEEK 3 SCORECARD (SCALED)

Week 3 presented by



Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54,
 Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49,
 Scaled Masters Women 50-54

WORKOUT 15.3

(Scaled Men & Women 18-54)

Complete as many rounds and repetitions as possible in 14 minutes of:

50 wall-ball shots
200 single-unders

*Men use 20-lb. ball to 9 feet,
Women use 10-lb. ball to 9 feet*

ROUND	50 WALL-BALL SHOTS	200 SINGLE-UNDERS
1		
2		
3		
4		
5		
6		
7		

ATHLETE NAME _____ TOTAL REPS _____
 Print _____

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
 Name of Affiliate _____ Print _____ Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____ Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TOTAL REPS _____
 Print _____

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
 Name of Affiliate _____ Print _____ Online Judges Course?

I confirm the information above accurately represents the athlete's performance for the workout _____ Judge Signature _____ Date _____



WEEK 3 SCORECARD (SCALED MASTERS)

Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59,
Scaled Masters Women 60+

Week 3 presented by



WORKOUT 15.3

(Scaled Masters 55+)

Complete as many rounds and repetitions as possible in 14 minutes of:

50 wall-ball shots
200 single-unders

Men use 14-lb. ball to 9 feet; Women use 10-lb. ball to 9 feet

ROUND	50 WALL-BALL SHOTS	200 SINGLE-UNDERS
1		
2		
3		
4		
5		
6		
7		

ATHLETE NAME _____

Print

TOTAL REPS _____

WORKOUT LOCATION _____

Name of Affiliate

JUDGE _____

Print

Has judge passed CrossFit's Y / N
Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____

Athlete Signature

Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____

Print

TOTAL REPS _____

WORKOUT LOCATION _____

Name of Affiliate

JUDGE _____

Print

Has judge passed CrossFit's Y / N
Online Judges Course?

I confirm the information above accurately represents the athlete's performance
for the workout _____

Judge Signature

Date



WEEK 3 SCORECARD (SCALED TEENS)

Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15,
Scaled Teen Girls 16-17

Week 3 presented by



WORKOUT 15.3

(Scaled Teens 14-17)

Complete as many rounds and repetitions as possible in 14 minutes of:

50 wall-ball shots
200 single-unders

Boys use 14-lb. ball to 9 feet, Girls use 10-lb. ball to 9 feet

ROUND	50 WALL-BALL SHOTS	200 SINGLE-UNDERS
1		
2		
3		
4		
5		
6		
7		

ATHLETE NAME _____ TOTAL REPS _____

Print

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____ Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ TOTAL REPS _____

Print

WORKOUT LOCATION _____ JUDGE _____ Has judge passed CrossFit's Y / N
Name of Affiliate Print Online Judges Course?

I confirm the information above accurately represents the athlete's performance for the workout _____ Judge Signature _____ Date _____