

WORKOUT 3

For time:

8 wall-ball shots
4 shuttle runs
1 rope climb
16 wall-ball shots
8 shuttle runs
2 rope climbs
24 wall-ball shots
12 shuttle runs
3 rope climbs
32 wall-ball shots
16 shuttle runs
4 rope climbs
24 wall-ball shots
12 shuttle runs
3 rope climbs
16 wall-ball shots
8 shuttle runs
2 rope climbs
8 wall-ball shots
4 shuttle runs
1 rope climb

♀ *14-lb medicine ball, 10-ft target, 15-ft rope climb, 50-ft shuttle run*

♂ *20-lb medicine ball, 10-ft target, 15-ft rope climb, 50-ft shuttle run*

Time cap: 25 minutes

NOTES

Prior to starting, athletes must set up the competition area as shown in the floor plan. The rope and medicine ball must be positioned on the same side as the start of the shuttle run. As a safety precaution, there must be at least 8 feet (2.44 m) between the rope and the medicine ball. As long as the medicine ball and rope are positioned on the same side as the start of the shuttle run and there are at least 8 feet (2.44 m) between them, the setup may vary to accommodate the athlete's workout space.

This workout begins with the athlete touching the rope. After the call of "3, 2, 1... go," the athlete will perform 8 wall-ball shots, 4 shuttle runs (1 shuttle run = down the length of the competition floor and back), and 1 rope

climb. The next round continues with 16 wall-ball shots, 8 shuttle runs, and 2 rope climbs. Continue in this fashion, increasing reps and then decreasing reps until the final round of 8 wall-ball shots, 4 shuttle runs, and 1 rope climb. Time stops when the athlete has reached above the designated mark on the final rope climb.

The athlete's score will be the total time it takes to complete the entire workout or the total number of repetitions completed before the 25-minute time cap.

There is no tiebreak for this workout.

EQUIPMENT

- Climbing rope, measured and marked to the designated height
- Tape to mark the floor
- Medicine ball (14/20 lb*)
- Target at 10 ft (305 cm)

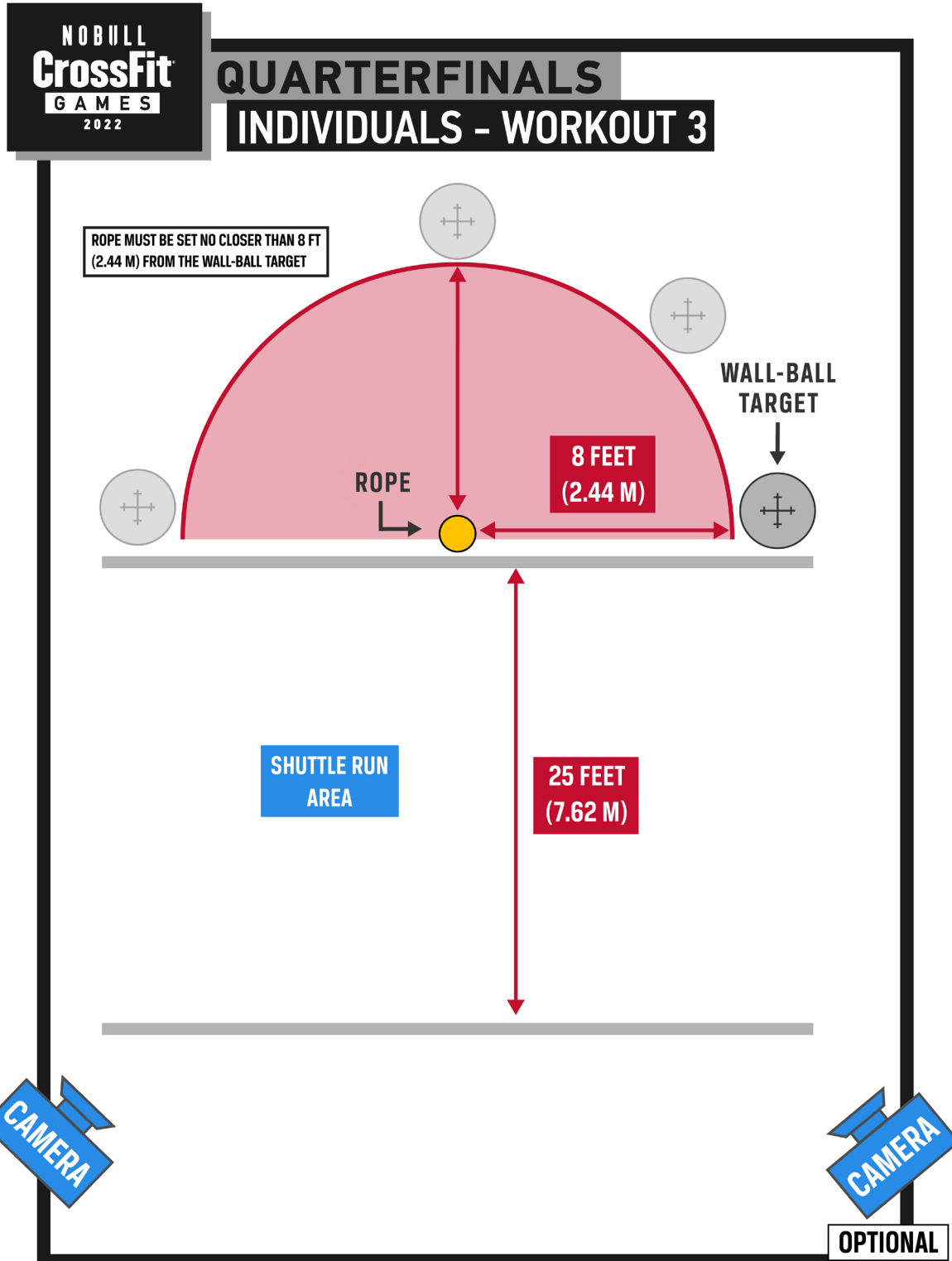
* The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 9 kg (20 lb) and 6 kg (14 lb)

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

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.



MOVEMENT STANDARDS

WALL-BALL SHOT



- At the start of each rep, the ball must be in the support position in front of the body.
- Squat until the hip crease is below the knee.
- A squat clean to start the set is allowed but not required as long as the ball starts on the ground
- Men **AND** women will throw to a 10-ft (305 cm) target..

- The rep is credited when the center of the ball hits the target at or above the specified height.
- 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.
- **NOTE:** If using a mounted wall-ball target, it is **HIGHLY** recommended that the **BOTTOM** of the target be mounted to the appropriate height.

SHUTTLE RUN



- Each rep starts with the athlete's feet clearly behind the start line.

- At each turnaround, both feet and one hand must touch the ground over the line before the athlete may return.
- Stepping on or touching the line will not count.

MOVEMENT STANDARDS
SHUTTLE RUN (CONTINUED)



- On the final shuttle run, the athlete must simply pass the line to begin their rope climbs.
- One repetition of the shuttle run = down the length of the competition floor and back.

ROPE CLIMB



- Each rep starts with both feet on the ground.
- The athlete may jump into the rope climb.
- Any style of climbing is permitted.
- The rep is credited when one hand clearly touches above the designated mark.
- Athletes may choose to touch a fixed object, such as a beam or the ceiling, so long as the object is at least 15 ft (4.57 m) high.
- There is no requirement during the descent of the climb.



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- 8 wall-ball shots
- 4 shuttle runs
- 1 rope climb
- 16 wall-ball shots
- 8 shuttle runs
- 2 rope climbs
- 24 wall-ball shots
- 12 shuttle runs
- 3 rope climbs
- 32 wall-ball shots
- 16 shuttle runs
- 4 rope climbs
- 24 wall-ball shots
- 12 shuttle runs
- 3 rope climbs
- 16 wall-ball shots
- 8 shuttle runs
- 2 rope climbs
- 8 wall-ball shots
- 4 shuttle runs
- 1 rope climb

♀ 14-lb medicine ball,
10-ft target, 15-ft rope
climb, 50-ft shuttle run

♂ 20-lb medicine ball,
10-ft target, 15-ft rope
climb, 50-ft shuttle run

Time cap: 25 minutes

8 WALL-BALL SHOTS	8
4 SHUTTLE RUNS	12
1 ROPE CLIMB	13
16 WALL-BALL SHOTS	29
8 SHUTTLE RUNS	37
2 ROPE CLIMBS	39
24 WALL-BALL SHOTS	63
12 SHUTTLE RUNS	75
3 ROPE CLIMBS	78
32 WALL-BALL SHOTS	110
16 SHUTTLE RUNS	126
4 ROPE CLIMBS	130
24 WALL-BALL SHOTS	154
12 SHUTTLE RUNS	166
3 ROPE CLIMBS	169
16 WALL-BALL SHOTS	185
8 SHUTTLE RUNS	193
2 ROPE CLIMBS	195
8 WALL-BALL SHOTS	203
4 SHUTTLE RUNS	207
1 ROPE CLIMB	208

Athlete Name _____
Print

Time or Reps at 25 Min. _____

Workout Location _____

Judge _____
Judge Name

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

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

Athlete Copy

QUARTERFINALS - INDIVIDUALS - WORKOUT 3

Athlete Name _____
Print

Time or Reps at 25 Min. _____

Workout Location _____

Judge _____
Judge Name

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

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