

WORKOUT 3

For time, 1-2-3-4-5-6-7-8-9-10 repetitions each of:

Clean and jerk
Shuttle run

♀ 155 lb, 50-ft shuttle runs

♂ 225 lb, 50-ft shuttle runs

Time cap: 20 minutes

NOTES

Prior to starting, set up the competition area as shown in the floor plan.

Begin this workout standing behind the line furthest from the barbell. After the call of "3, 2, 1... go," move to the barbell and perform 1 clean and jerk, followed by 1 shuttle run (1 shuttle run = 50 ft/15.24 m). Continue in this manner, adding 1 clean and jerk and 1 shuttle run per round until completing 10 clean and jerks and 10 shuttle runs.

Your score will be the total time taken to complete the workout.

When the workout is complete, walk to the camera and state the password.

There is no tiebreak for this workout.

EQUIPMENT

- Tape to mark the floor for the 25-ft (7.62-m) segment
- Barbell
- Bumper plates*
- Collars

Men must use a 45-lb (20-kg) barbell, and women must use a 35-lb (15-kg) barbell.

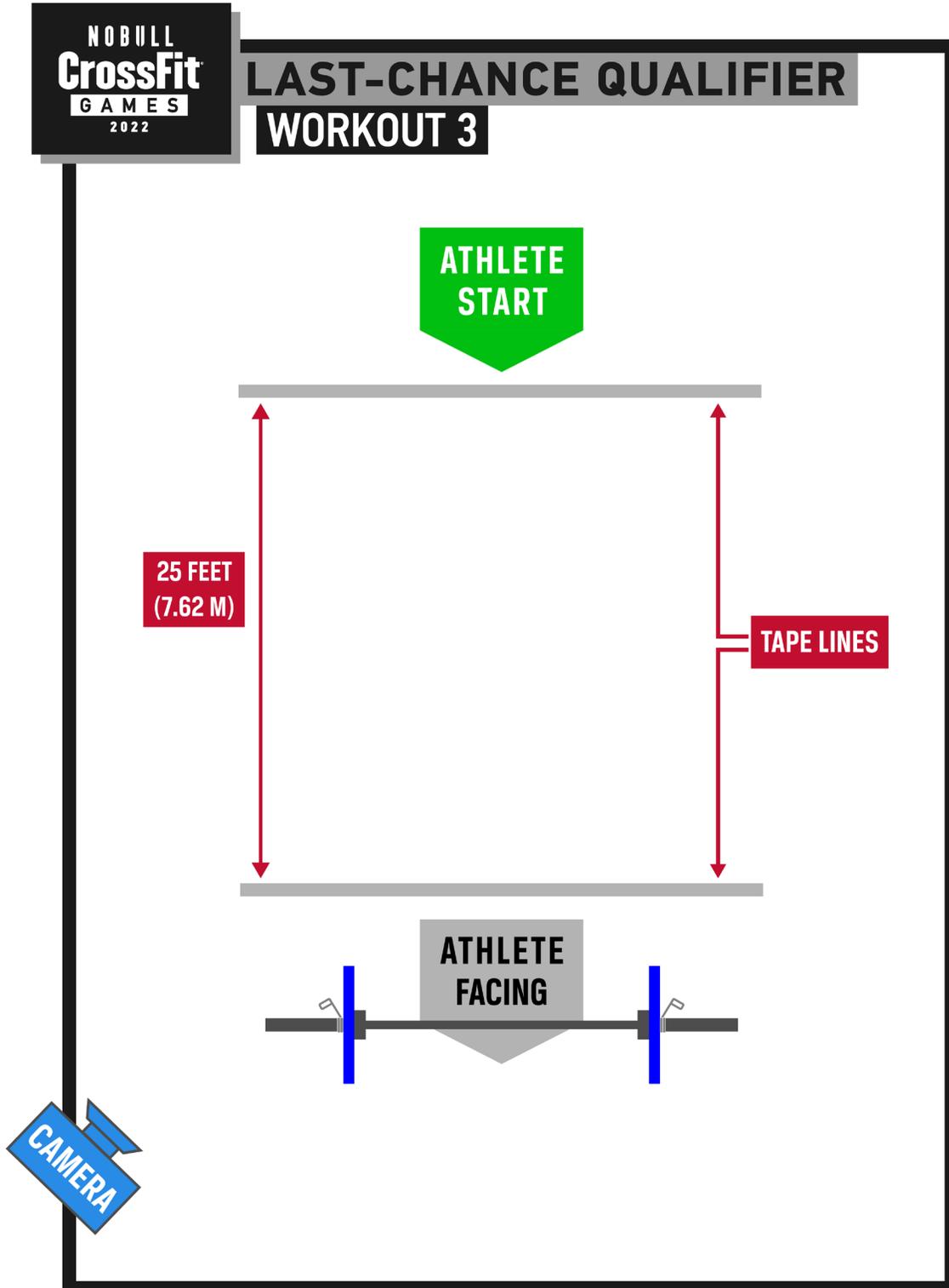
*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the barbells are 102 kg (225 lb) and 70 kg (155 lb).

Be sure you have 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. Unless otherwise stated, you may not receive assistance with equipment during the workout.

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 ft (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

CLEAN AND JERK



- You and the barbell may not make contact with the line. Stepping on the line or allowing the bumper plates to touch the line will result in that repetition not counting.
- Each rep starts with the bar on the ground.
- Power, squat, and split cleans are permitted.
- Hang cleans are **NOT** permitted.
- Bouncing the barbell is not allowed.



- The bar must first be lifted to the shoulders, then locked out overhead.
- Snatching the barbell will not count.
- You do **NOT** need to reach full extension of the hips and legs in the receiving position of the clean before beginning the overhead lift.

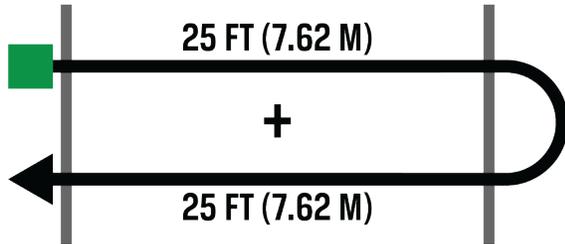


- Any style of overhead lift is acceptable (press, push press, or jerk).
- The rep is credited when:
 - hips, knees, and arms are extended;
 - the feet are in line; and
 - the bar is over or slightly behind the middle of your body when viewed from profile.
- You may not lower the bar until you reach the finish position.
- At the completion of the jerk, both feet must be completely clear of the line.
- If you receive a no rep for any reason at any time in the sequence, the entire clean and jerk **MUST** be repeated.

MOVEMENT STANDARDS

SHUTTLE RUN

1 REP = 50 FT (15.24 M)



- Each rep of the shuttle run = 50 ft (15.24 m)
 - 25 ft (7.62 m) down + 25 ft (7.62 m) back

- Each rep starts with your feet clearly behind the start line.



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



- On the final shuttle run of each round, you must simply pass the line to begin the clean and jerks.
- One repetition of the shuttle run = the length of the competition floor and back. If you are time-capped on the shuttle run and do not complete the full distance down and back, the repetition will not count.



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REPS	CLEAN AND JERK	SHUTTLE RUN
1	1	2
2	4	6
3	9	12
4	16	20
5	25	30
6	36	42
7	49	56
8	64	72
9	81	90
10	100	110

TIME

Athlete Name _____
 Print

Time or Reps at 20 Min. _____

Workout Location _____

Judge _____
 Judge Name

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

Athlete Copy

LAST-CHANCE QUALIFIER - WORKOUT 3

Athlete Name _____
 Print

Time or Reps at 20 Min. _____

Workout Location _____

Judge _____
 Judge Name

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