

### WORKOUT 3

6 rounds for time of:

8 box step-overs (2 dumbbells)

12 alternating dumbbell snatches

48 double-unders

**Time cap: 20 minutes**

♀ 35-lb (15-kg) dumbbells, 20-inch box

♂ 50-lb (22.5-kg) dumbbells, 20-inch box

### WORKOUT VARIATIONS

**Rx'd:**

♀ 35-lb (15-kg) dumbbells, 20-inch box

♂ 50-lb (22.5-kg) dumbbells, 20-inch box

**Scaled:**

♀ 20-lb (10-kg) dumbbells, 20-inch box, single-unders

♂ 35-lb (15-kg) dumbbells, 20-inch box, single-unders

### QUICK START

- Start standing tall with the dumbbells on the ground.
- At “go,” pick up the dumbbells and complete 8 box step-overs using both dumbbells.
- Then, set one dumbbell down and complete 12 alternating dumbbell snatches.
- Then, complete 48 double-unders.
- Complete this same sequence for a total of 6 rounds.
- Your score is the total time taken to complete the workout or the total number of reps completed before the 20-minute time cap.

### NOTES

- When not in use, the dumbbells may be placed on the box or on the ground.

### TIEBREAK

- A tiebreak time will be taken after each round is completed. In the event of a time cap and a tie on total reps completed, the **LAST** completed set will be the tiebreak time.
- Athletes who complete the workout under the time cap will not enter a tiebreak time.

### EQUIPMENT

- Box of appropriate height (minimum dimensions of the top of the box must be at least 15 inches x 15 inches [38 centimeters x 38 centimeters]).
- Two dumbbells of appropriate weight
  - If using an adjustable dumbbell, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). In addition, when the dumbbell is at rest, the top of the handle cannot be less than 2.5 inches off the ground. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.
- Jump rope

Refer to the [2025 CrossFit Everyday Hero Service Cup Rulebook](#) for complete video submission standards.

## MOVEMENT STANDARDS

### BOX STEP-OVER

#### REQUIREMENTS



1. Each rep begins with **BOTH** feet touching the ground.
  - The dumbbells **MUST** be held in the hang position.
  - The dumbbells may start and/or remain on the box when they are not in use.
2. The athlete must pass over the top of the box.
  - Only the feet may make contact with the box.
  - Both feet **MUST** make contact with the top of the box.
  - Full extension of the hips and knees is **NOT** required on top of the box.
3. The rep is credited when:
  - Both feet are on the ground on the opposite side of the box.

#### COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Pushing the hands/dumbbells into the legs or resting the dumbbells on the thighs.

✗ Only 1 foot touching the top of the box.

## MOVEMENT STANDARDS

### ALTERNATING DUMBBELL SNATCH

#### REQUIREMENTS



1. Each rep starts with both heads of the dumbbell on the ground.
2. Lift the dumbbell overhead in one motion.
  - A partial squat in the receiving position is allowed but **NOT** required.
3. The rep is credited when:
  - Knees, hips, and elbow of the working arm are fully extended.
  - The middle of the dumbbell is in line with or behind the body when viewed from the side.

#### NOTE:

- Athletes **MUST** alternate hands after each successful rep.

#### COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Placing the non-working hand/arm on the thigh or anywhere on the body.



- ✗ Touching only one head of the dumbbell to the ground or not touching the ground at all.



- ✗ Lowering the dumbbell before reaching full extension of the elbow, knees, or hips.



- ✗ Finishing with the dumbbell in front of the body.

## MOVEMENT STANDARDS

### DOUBLE-UNDER/SINGLE-UNDER (SCALED ONLY)

#### REQUIREMENTS



- The rope passes under the feet twice during a single jump.
- For scaled divisions, the rope passes under the feet once for each jump.
- The rope must spin forward.

#### COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✗ Crediting attempts instead of successful reps.
- ✗ Spinning the rope backward.

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	8 BOX STEP-OVERS	12 ALTERNATING DUMBBELL SNATCHES	48 DOUBLE-UNDERS	TIME AFTER EACH ROUND
ROUND 1	8	20	68	
ROUND 2	76	88	136	
ROUND 3	144	156	204	
ROUND 4	212	224	272	
ROUND 5	280	292	340	
ROUND 6	348	360	408	

Tiebreak Time \_\_\_\_\_

Judge \_\_\_\_\_  
Judge Name

Time or Reps at 20 Min. \_\_\_\_\_

☐ Rx'd ☐ Scaled

Athlete \_\_\_\_\_  
Athlete Name

\_\_\_\_\_  
Athlete Signature

Athlete Copy

### CROSSFIT EVERYDAY HERO SERVICE CUP - WORKOUT 3

Time or Reps at 20 Min. \_\_\_\_\_ ☐ Rx'd ☐ Scaled

Athlete Name \_\_\_\_\_ Tiebreak Time \_\_\_\_\_  
Print

Workout Location \_\_\_\_\_ Date \_\_\_\_\_

Judge \_\_\_\_\_ Judge Name \_\_\_\_\_ Judge Signature \_\_\_\_\_

