

WORKOUT 3

For time:

3 rounds of:

50 double-unders

10 deadlifts, weight 1 (lightest)

2 rounds of:

50 double-unders

10 deadlifts, weight 2

1 round of:

50 double-unders

10 deadlifts, weight 3 (heaviest)

Time cap: 12 minutes

♀ 155, 185, 225 lb (70, 83, 102 kg)

♂ 225, 275, 315 lb (102, 125, 143 kg)

WORKOUT VARIATIONS

Individuals, 18-54 age-group divisions

♀ 155, 185, 225 lb (70, 83, 102 kg)

♂ 225, 275, 315 lb (102, 125, 143 kg)

Teenagers 14-15 division

♀ 95, 105, 125 lb (43, 47, 56 kg)

♂ 135, 155, 185 lb (61, 70, 83 kg)

Teenagers 16-17, Masters 55-59 age-group division

♀ 125, 155, 185 lb (56, 70, 83 kg)

♂ 185, 225, 275 lb (83, 102, 125 kg)

Masters 60-64 division

♀ 105, 125, 155 lb (47, 56, 70 kg)

♂ 155, 185, 225 lb (70, 83, 102 kg)

Masters 65+ age-group divisions

♀ 95, 105, 125 lb (43, 47, 56 kg)

♂ 135, 155, 185 lb (61, 70, 83 kg)

QUICK START

- Start standing tall.
- At “go,” pick up the rope and complete 50 double-unders.
- Then, complete 10 deadlifts at the first weight (lightest).
- Complete 2 more rounds (for a total of 3 rounds) of 50 double-unders and 10 deadlifts at the lightest weight.
- Then, increase the weight on the bar to the middle weight, and complete 2 rounds of 50 double-unders and 10 deadlifts.
- Then, increase the weight and complete a final round of 50 double-unders and 10 deadlifts at the heaviest weight.
- Your score is the total time taken to complete the workout.
- Time stops when the final deadlift has been locked out.

NOTES

- Athletes may set up multiple barbells and/or have assistance loading their bar.
- Gymnastics grips are not allowed during this workout.
- There is no required floorplan for this workout.

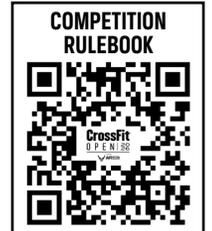
TIEBREAK:

- A tiebreak time will be taken after the final deadlift at the lightest and middle weights (i.e., the end of the third and fifth rounds).
- Athletes who complete the workout will not enter a tiebreak time.
- Athletes who reach the time cap will enter their tiebreak time. In the event of a tie on reps completed, the athlete with the faster time will win the tiebreak.

EQUIPMENT

- Jump rope
- Barbell
 - Men are required to use a 45-lb (20-kg) barbell.
 - Women are required to use a 35-lb (15-kg) barbell.
- Bumper plates
 - Must be standard bumper plates 18 inches (45 centimeters) in diameter.
- Collars

Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.



MOVEMENT STANDARDS

DOUBLE-UNDER

REQUIREMENTS



- The rope passes under the feet twice during a single 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.

SHOP ROGUE GEAR



MOVEMENT STANDARDS

DEADLIFT

REQUIREMENTS



1. The barbell starts on the ground (both plates touching the ground).
 - Hands must be outside the knees. No sumo deadlifts.
 - Any style of grip is permitted.
2. The rep is credited when:
 - Hips and knees reach full extension.
 - Head and shoulders are behind the bar when viewed from the side.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✘ Lowering the barbell before reaching full extension of the knees or hips.



- ✘ Finishing with the head and/or shoulders in front of the bar.



- ✘ Deliberately bouncing the bar.

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| | | |
|-------------------------|-----|------|
| 50 DOUBLE-UNDERS | 50 | |
| 10 DEADLIFTS (WEIGHT 1) | 60 | |
| 50 DOUBLE-UNDERS | 110 | |
| 10 DEADLIFTS (WEIGHT 1) | 120 | |
| 50 DOUBLE-UNDERS | 170 | |
| 10 DEADLIFTS (WEIGHT 1) | 180 | |
| 50 DOUBLE-UNDERS | 230 | TIME |
| 10 DEADLIFTS (WEIGHT 2) | 240 | |
| 50 DOUBLE-UNDERS | 290 | |
| 10 DEADLIFTS (WEIGHT 2) | 300 | |
| 50 DOUBLE-UNDERS | 350 | TIME |
| 10 DEADLIFTS (WEIGHT 3) | 360 | |

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Time or Reps at 12 Min. _____

Judge _____
Judge Name

Tiebreak Time _____

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

QUARTERFINALS - INDIVIDUAL & AGE-GROUP DIVISIONS - WORKOUT 3

Time or Reps at 12 Min. _____

Athlete Name _____
Print

Tiebreak Time _____

Affiliate _____

Date _____

Judge _____
Judge Name

Judge Signature

GET \$50 OFF



USE CODE:
QUARTERVELITES26

SCAN TO SUBMIT SCORE

