



MASTERS QUALIFIER – EVENT 3

17:00 PT Thur, April 17 through 17:00 PT Mon, April 21

Presented by



WORKOUT 3 rounds for time of:

MEN 40-44 AND 45-49	WOMEN 40-44 AND 45-49
50-calorie row 15 handstand push-ups 50 double-unders	50-calorie row 15 handstand push-ups 50 double-unders
MEN 50-54 AND 55-59	WOMEN 50-54 AND 55-59
40-calorie row 15 handstand push-ups with 2-in. riser 40 double-unders	40-calorie row 15 handstand push-ups with 2-in. riser 40 double-unders
MEN 60+	WOMEN 60+
30-calorie row 15 handstand push-ups with 4-in. riser 30 double-unders	30-calorie row 15 handstand push-ups with 4-in. riser 30 double-unders

NOTES

This workout begins seated on the rower with the monitor set to zero calories. At the call of “3-2-1...Go,” the athlete will grab the handle and begin rowing. When you finish each round and return to the rower, you must reset the monitor to zero before rowing again.

Every second counts in this workout. Your score will be the time it takes to complete all repetitions. There is no time cap for this workout.

EQUIPMENT

- Indoor rower with a monitor that measures calories
- Wall to perform handstand push-ups against
- 36 x 24-inch marked box adjacent to handstand push-up wall
- Jump rope

VIDEO SUBMISSION STANDARDS

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. Prior to starting, show measurements of the marked box for the handstand push-ups. Shoot the movements from the side so it is clear all the calories are rowed, the head touches the floor at the bottom and the arms are locked out at the top of the handstand push-ups, and the rope passes twice under the feet on the double-under.



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MOVEMENT STANDARDS

ROW



The athlete may begin the workout seated in the rower but may not grab the handle until the call of "go." The monitor must be set to zero at the beginning of each round.

HANDSTAND PUSH-UP

The marked area needs to be 36 inches wide by 24 inches deep, and the palm of the hand must remain completely within the taped area (fingers may extend over the tape).



The movement begins at the top of a handstand with the arms fully locked out, the heels on the wall, and the hands placed clearly within the marked area. At the top of each rep, the arms return to fully locked out with the heels on the wall.



At the bottom of each rep, the head touches the ground. Kipping is allowed as long as the other requirements are met.



Depending on your division you may be allowed to use a 2-inch or 4-inch riser on the handstand push-up.

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.



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SCORECARD

3 rounds for time of:

Row

Handstand push-ups

Double-unders

Men 40-44 & 45-49 50 / 15 / 50 reps
Men 50-54 & 55-59 40 / 15 / 40 reps, 2" riser
Men 60+ 30 / 15 / 30 reps, 4" riser
Women 40-44 & 45-49 50 / 15 / 50 reps
Women 50-54 & 55-59 40 / 15 / 40 reps, 2" riser
Women 60+ 30 / 15 / 30 reps, 4" riser

ROUND 1	ROW	
	HANDSTAND PUSH-UPS	
	DOUBLE-UNDERS	
ROUND 2	ROW	
	HANDSTAND PUSH-UPS	
	DOUBLE-UNDERS	
ROUND 3	ROW	
	HANDSTAND PUSH-UPS	
	DOUBLE-UNDERS	

ATHLETE NAME _____ 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 Masters Qualifier - Event 3

Athlete Signature _____ Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ 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 Masters Qualifier - Event 3

Judge Signature _____ Date