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## Workout 3A+B + Standards + Weights + Additional info

### Event 3A

**4 ROUNDS FOR TIME / TC 9MIN**

**6 SANDBAG TO SHOULDER**

**20m (2x 10m) SANDBAG CARRY**

**15 2x DUMBBELL PUSH PRESS**

**(MODIFIED: 1x DUMBBELL PUSH PRESS)**

**2 MIN TRANSITION/REST, THEN STRAIGHT IN FOR PART B**

### Event 3B

**3 ROUNDS FOR TIME / TC 6MIN**

**400m ROW MEN / 300m ROW WOMEN**

**3 / 2 / 1 ROPE CLIMB**

## **STANDARDS EVENT 3A**

### **SANDBAG TO SHOULDER**

- Start: Athlete start with the sandbag on the ground
- Sandbag movement: Athlete can use any movement/grip to get the sandbag to shoulder, touch & go is allowed, but sandbag need to touch the ground for each rep
- Top position: full extended hip and sandbag lying/balanced in control onto shoulder.

### **SANDBAG CARRY**

- Start: Athlete using the same sandbag as for the sandbag to shoulder, start with both feet behind the line holding the sandbag.
- Carry: Athlete are required to hold sandbag at torso height in a bearhug grip. No part of arm allowed under the bottom of sandbag. No part of sandbag is allowed on any part of shoulder.
- Athlete can drop/put down sandbag anywhere and start again at the place of drop, behind the sandbag, in the direction of walk.
- Turn/Finish: Both feet must pass the line at turning point/finish. Both feet must be over the line before dropping the bag.
- Throwing the bag over the line without passing the line for turning/finishing is not allowed, athlete need to pick up bag, return to throwing point and then pass the line.

### **2x DUMBBELL PUSH PRESS**

### **MODIFIED 1x DUMBBELL PUSH PRESS**

- Start: dumbbell(s) on ground, dumbbell(s) to starting position to shoulder height/position; Anyhow
- Push press is required, any other movement is not allowed
- Top position: athlete must show fully extended knees, hip, arm(s) and dumbbell(s) in line with body, in control.
  - Controlled takedowns (to ground) is required

## **STANDARDS EVENT 3B**

### **ROWING**

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- Start: Athlete will start in the rower. Hands off handle.
- Athlete are required to reset the display before start of row for every new round
- Finish: Judge tell athlete when required distance is reached, athlete is not allowed to leave seat of rower before judge's call.

### **ROPE CLIMB**

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- First round: 3 climbs, second round: 2 climbs, third round: 1 climb
- Movement: Climb anyhow; using legs or legless is allowed. Jumping start is allowed.
- Finish: Athlete needs to show a clear touch of the beam of the rig with one (1) hand.
- Descent: All styles are allowed, jump for height is ok but on athlete's own risk. There will be no landing matts.

## WEIGHTS

Event 3A	SANDBAG	DUMBBELL	MODIFIED DUMBBELL
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MEN 18-54	65kg	x2 22,5kg	x1 22,5kg
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MEN +55	40kg	x2 15kg	x1 15kg
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WOMEN 18-54	40kg	x2 15kg	x1 15kg
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WOMEN +55	30kg	x2 10kg	x1 10kg
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## ADDITIONAL INFORMATION

Each event (3A & 3B) is scored individual.

Workout B starts at the same time for every athlete regardless of set time in workout A; TC Workout A + Transition time: Part B start at minute 11