



thorp
johansson
& lundin

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

- **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

- **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 mats.

WEIGHTS

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

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