



QUALIFIER WOD 3

"GYMNASTY"

CrossFit LICENSED EVENT | 2023

3A FOR TIME / 3B FOR LOAD – RUNNING CLOCK 20 MINUTES

5 WALL WALKS	5
5 TOES TO BAR	10
5 WALL WALKS	15
10 TOES TO BAR	25
5 WALL WALKS	30
15 TOES TO BAR	45
5 WALL WALKS	50
15 PULL UPS	65
5 WALL WALKS	70
10 PULL UPS	80
5 WALL WALKS	85
5 PULL UPS	90

Time after 15
Toes to Bar:

WOD 3B: 1 RM CLEAN	
ATTEMPT 1	KG
ATTEMPT 2	KG
ATTEMPT 3	KG
BEST ATTEMPT	KG

FINAL TIME or REPS:

Name

Signature

DIVISION

0 Junior 0 18+ 0 30+ 0 40+ 0 50+

Judge Name

.....

Judge Signature

.....



QUALIFIER WOD 3

“GYMNASTY”

CrossFit LICENSED EVENT | 2023

3A FOR TIME / 3B FOR LOAD – RUNNING CLOCK 20 MINUTES

5 INCH WORMS	5
5 KNEE RAISES	10
5 INCH WORMS	15
10 KNEE RAISES	25
5 INCH WORMS	30
15 KNEE RAISES	45
5 INCH WORMS	50
15 RING ROWS	65
5 INCH WORMS	70
10 RING ROWS	80
5 INCH WORMS	85
5 RING ROWS	90

Time after 15
Knee Raises:

WOD 3B: 1 RM CLEAN	
ATTEMPT 1	KG
ATTEMPT 2	KG
ATTEMPT 3	KG
BEST ATTEMPT	KG

FINAL TIME or REPS:

Name

Signature

DIVISION

0 Junior 0 18+ 0 30+ 0 40+ 0 50+

Judge Name

.....

Judge Signature

.....



QUALIFIER WOD 3

"GYMNASTY"

CrossFit LICENSED EVENT | 2023

3A FOR TIME / 3B FOR LOAD – RUNNING CLOCK 20 MINUTES

5 WALL WALKS	5
5 TOES TO BAR	10
5 WALL WALKS	15
10 TOES TO BAR	25
5 WALL WALKS	30
15 TOES TO BAR	45
5 WALL WALKS	50
15 CHEST TO BAR	65
5 WALL WALKS	70
10 CHEST TO BAR	80
5 WALL WALKS	85
5 CHEST TO BAR	90

Time after 15
Toes to Bar:

WOD 3B: 1 RM CLEAN	
ATTEMPT 1	KG
ATTEMPT 2	KG
ATTEMPT 3	KG
BEST ATTEMPT	KG

FINAL TIME or REPS:

Name

Signature

DIVISION

0 Junior 0 18+ 0 30+ 0 40+ 0 50+

Judge Name

.....

Judge Signature

.....



QUALIFIER WOD 3

"GYMNASTY"

CrossFit LICENSED EVENT | 2023

3A FOR TIME / 3B FOR LOAD – RUNNING CLOCK 20 MINUTES

5 WALL WALKS	5
5 TOES TO BAR	10
5 WALL WALKS	15
10 TOES TO BAR	25
5 WALL WALKS	30
15 TOES TO BAR	45
5 WALL WALKS	50
15 BAR MUSCLE UPS	65
5 WALL WALKS	70
10 BAR MUSCLE UPS	80
5 WALL WALKS	85
5 BAR MUSCLE UPS	90

Time after 15
Toes to Bar:

WOD 3B: 1 RM CLEAN	
ATTEMPT 1	KG
ATTEMPT 2	KG
ATTEMPT 3	KG
BEST ATTEMPT	KG

FINAL TIME or REPS:

Name

Signature

DIVISION

0 Junior 0 18+ 0 30+ 0 40+ 0 50+

Judge Name

.....

Judge Signature

.....