



3 BODY PROBLEM

AMRAP (TIME CAP 7 mins)

10 Worm Thrusters

6 Sandbag Step Overs (*)

(*) 2 Athletes Must be holding the worm at shoulder level while the third performs the step overs

(*) All 3 Athletes Must Perform a round of step overs before moving back to Thrusters

(*) If Worm is dropped from Shoulder level all 3 athletes must perform 6 burpees over worm as penalty and continue the workout after

Worm Weight: 100 kg

♀ 40 kg Sandbag

♂ 60 kg Sandbag

20-inch Box for all Athletes



SCALED

Worm Same Weight

Box: Same height 20 inches

♀ 30 kg Sandbag

♂ 40 kg Sandbag

EQUIPMENT

1 Worm

2 Sandbag (60 kg / 40 kg RX or 40 kg /30 kg Scaled)

1 Box

NOTES:

- Workout Starts with All 3 Athletes behind the designated starting lane
- All Athletes will proceed to perform the thrusters. After performing the thrusters one of the athletes will perform a round of Sandbag steps overs, while the other two hold the worm at shoulder level .
- After completion of the round of step overs the athlete will return to the worm so the next athlete can perform the next round of sandbag step overs. Once all 3 athletes have completed a round of the sandbag step overs they will move to the thrusters again. The worm must be at shoulder level at all times.
- If at any moment the worm dropped below shoulder level all 3 athletes must perform the 6 penalty burpees. If the athlete is in the middle of performing a sand bag step over he must stop and re attempt after the burpees are completed.
- Athletes knees or hands cannot touch the floor at any moment in time while holding the worm
- Athletes are allowed to change the order of the sandbag step overs after completion of every round but all 3 must do a round before moving to the next set of thrusters.
- Athletes can only use shoulders and hands to hold the worm at all times.
- Athletes hand cannot touch the box at any time.



Burpees over Worm

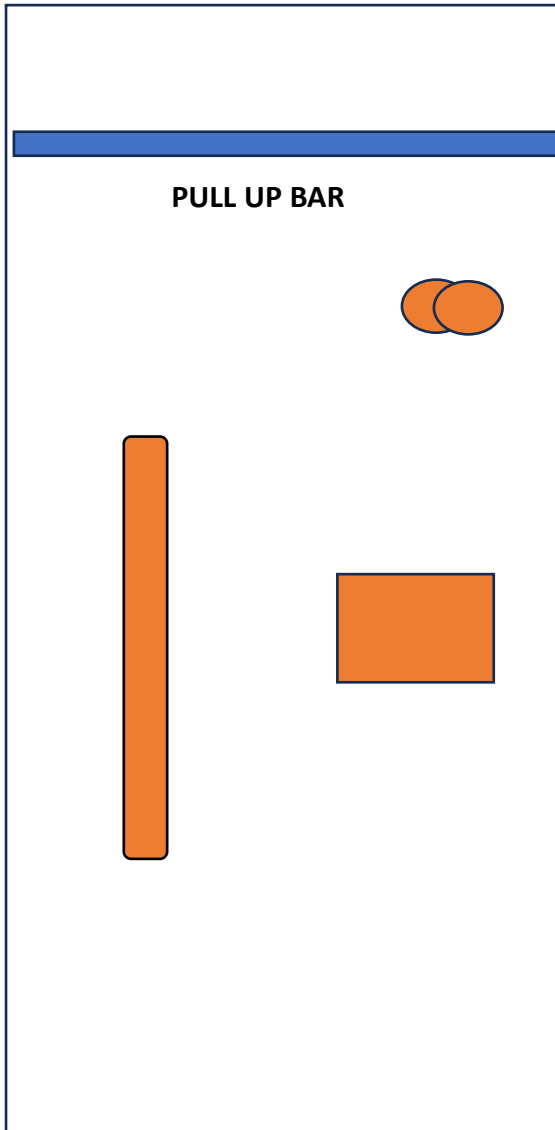
- Lateral Burpees are allowed.
- Athletes can choose to jump from opposite side of the worm length to facilitate the movement
- Athletes may jump clearly over the worm with a two-feet take off.
- Touching the worm with any part of the body during the jump will be considered a No-Rep
- Athletes do not need to fully stand up during the jump
- The chest must clearly touch the floor.
- Synchronization of the movement is when all 3 athlete's chest touches the floor.
- When Athletes received a No-Rep they need to return to the previous position to repeat the movement. If the Team has already started the next rep this will also be counted as No Rep

Worm Thrusters

- All 3 athletes must perform the movement together
- Athletes must clean the worm to the shoulder at the start of each set. Squat clean is not permitted.
- After the clean, all 3 athletes will squat below parallel and perform a thruster with the worm landing in the opposite shoulder at the end of each rep,
- For the rep to be credited the worm must clearly passed over the head of all three athletes while maintaining contact at all times with the worm. If one or more hands leave the worm during the overhead portion it will be considered a no rep.

Sand Bag Step Overs

- Athlete must clean the sandbag before attempting the step over.
- Both Front carry and Shoulder Carry are allowed.
- Athletes cannot jump up or down at any time for safety. Will be considered no rep.
- Athletes can only use their feet to step up, The use of knees, hands or any other body part will be considered a no rep.
- The sandbag cannot touch the box at any time.
- Athletes are allowed to drop the sand bag if they need to rest between reps without incurring in penalty.



ATHLETES START LINE



SCORE CARD
3 BODYPROBLEM

AMRAP (TIME CAP 7 mins)
 10 Warm Thrusters
 6 Sand Bag Step Overs (*)
 (*) Athletes 1 & 2 Must be holding the worm at shoulder level while Athlete 3 performs the step overs
 (*) All 3 Athletes Must Perform a round of step overs before moving back to Thrusters
 (*) If Worm is dropped from Shoulder level all 3 athletes must perform 6 burpees over worm as penalty
 Worm Weight: 100 kg
 Athlete
 ♀40 kg Sandbag
 ♂60 kg Sandbag
 20 inch Box for all Athletes



AMRAP	Thursters	Athlete 1 Step Overs	Athlete 2 Step Overs	Athlete 3 Step Overs	TIE BREAK TIME
ROUND 1	10	16	22	28	
ROUND 2	38	44	50	56	
ROUND 3	66	72	78	84	
ROUND 4	94	100	106	112	
ROUND 5	122	128	134	140	
ROUND 6	150	156	162	168	
ROUND 7	178	184	190	196	
ROUND 8	206	212	218	224	

TEAM NAME: _____ RX: _____ SCORE: _____ REPS
 TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.
 Judge Signature: _____

EVENT 4
 TEAM NAME: _____ RX: _____ SCORE : _____ REPS / TIE BREAK TIME: _____

JUDGE NAME: _____ Team Captain Signature: _____

I confirm the information above accurately represents the Team's performance for this Workout.
 Judge Signature: _____