

**Workout 3 – Day 1 – Indoor**  
**R.A.D**  
**Rope & Dumbbell**

AMRAP

(10 minutes)

Intermediate / Advanced

## **The Workout:**

- 1 Dumbbell Overhead Synchronised Squat (all)
- 10 Single-Unders with a heavy rope (one athlete)
- 3 Dumbbell Overhead Synchronised Squat (all)
- 30 Single-Unders with a heavy rope (one athlete)
- 6 Dumbbell Overhead Synchronised Squat (all)
- 60 Single-Unders with a heavy rope (one athlete)
- 9 Dumbbell Overhead Synchronised Squat (all)
- 90 Single-Unders with a heavy rope (one athlete)
- 12 Dumbbell Overhead Synchronised Squat (all)
- 120 Single-Unders with a heavy rope (one athlete)
- 15 Dumbbell Overhead Synchronised Squat (all)
- 150 Single-Unders with a heavy rope (one athlete)
- ....

Intermediate: Team will complete dumbbell overhead lunges instead of the squats

### **Description**

#### **3.2.1...Go!**

All athletes head from the start line into their lanes and pick up a dumbbell located within one of the two far cells. They will complete one synchronised dumbbell overhead squat/lunge. (Advanced: Squats/Intermediate: Lunges)

Once the single rep. has been completed, one of the athletes will head back up to the first cell and complete 10 fat rope jumps.

Then, the team will complete 3 synchronised dumbbell overhead squats/lunges.

One athlete then completes 30 fat rope jumps in the first cell. At any point the team can switch the athlete to complete the jump rope, ensuring only one athlete is within the first cell at any time during the exercise.

The team continue rotating through the exercises with the addition of 3 added dumbbell overhead squats/lunges for each new round and 30 extra jump rope.

The cycle continues for the 10 minute period.

\*Intermediate may hold the dumbbell with two hands if preferred.

# Set-Up

