

WORKOUT #3

15 Minute AMRAP

RX

5 Pull-ups
10 Push-ups
15 Air squats

Active rest

Overhead Plate Hold
M 45
F 25

Scaled

5 Ring rows
10 Knee Push-ups
15 Air Squats

Active rest

Overhead Plate Hold
M 25
F 15

On the start of 3, 2, 1 GO Partner 1 will begin performing the movements. Partner 2 will begin active rest by holding a bumper plate overhead. Partner 3 will be resting. Partners can rotate at any time but reps will only count while partner performing active rest has the weight fully locked out overhead.

Standards for Movements.

Pull-ups: Arms fully extended at the bottom, chin over the bar at the top.

Push-ups: Arms fully extended at the top, chest to the floor at the bottom. Additionally, a “plank” position needs to be maintained for the entire movement. That is, when the chest leaves the floor, so do the hips. No worming up.

Squats: Knees and hips are fully open at the top (full extension), full depth at the bottom measured by crease of the hip falling below the top of the knee cap.

Knee Push-ups: A straight body position must be maintained throughout the push-up. No snaking or sagging. The elbows must be locked out at the top with the knees no wider than shoulder width. At the bottom, the chest (nipple line or above) must touch the floor.

Ring Rows: Rings will be set at a height of 40”. Athlete starts in a standing position with feet directly below the rings. Athlete will grab rings and lean back until they reach full extension of the elbows. Athlete’s heels must be behind the tape line located below the rings. **No bend at the knee or the hips; athletes must maintain a straight body with shoulders, hips and knees in line – no “kipping” is allowed.**