

## WOD 3

“Banjo Music” 8min cap

### Workout Description

At the call of “3,2,1 Go,” athletes will have two tasks.

Task one:

Row 1500/1200 meters for time

Task two:

3 rounds

30 Handstand Pushups scaled Deload Pushups

30 Deadlifts Rx 225/155 scaled 185/125

This workout is a chipper style event meaning the 30 HSPU must be completed before moving on to the 30 deadlifts. The three athletes may divide the work load up however they choose. Teams may have one athlete on the rower at all times and one athlete at a time working on the couplet. Teams may choose to rotate whenever and however. There is no minimum work requirement per athlete on this workout. Co-ed teams will have two bars.

### Movement Standards

Rower – It’s the rower just don’t grab the handle until you hear GO! The rower will be set to distance and will count down meters. Males and Co-ed will row the same distance.

Handstand pushups – A 3’ x 2’box will be taped out for each lane. Each rep will begin locked out and fully extended at the top with the palms of the hand inside the box and heels on the wall. A rep is completed once the head has touched the floor and then the athlete has returned to full extension. We will not have the athletes pressing out to a certain marker. Judges will be looking for extension of the elbows. As well, the athlete’s glutes must be off the wall at the completion of the rep.

Deload pushups – Reps will be completed when an athlete touches their chest and hips to the floor, lifts the hands off the floor, and then presses up to the top of the plank position. Athletes may press from their knees but must complete each rep with hips, knees, and elbows extended.

Deadlift – Pick it up and put it down. Reps are completed when an athlete has extended the knees and hips with the shoulders behind the bar. You may drop the bar with each rep but may not pick the barbell up from the bounce. The weight must be dead.

### Scoring

50 pts – Rower – Time completed

50 pts – 3 rounds for time or reps completed before the time cap.