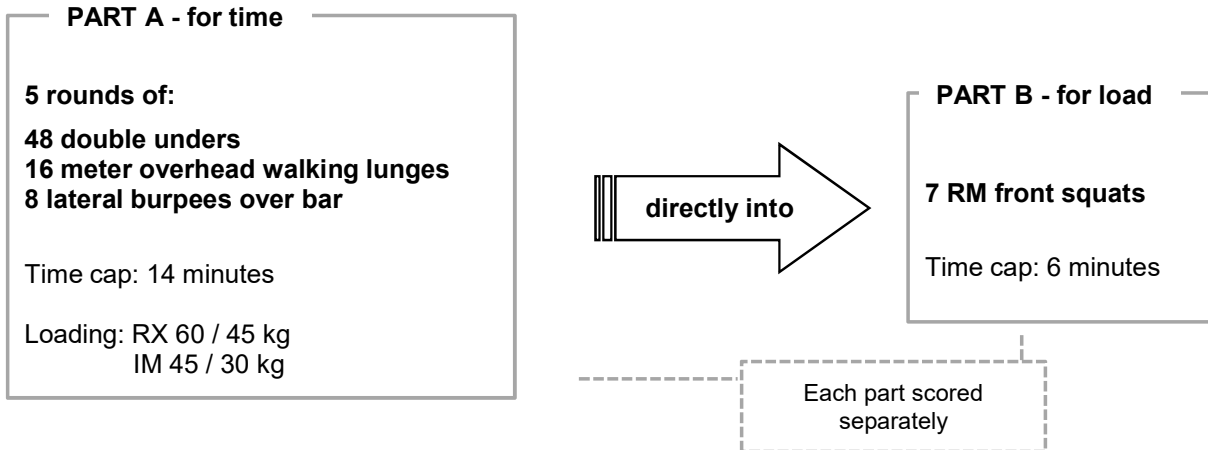




TOUGH'N'ROUGH 2020 | WORKOUT 3
Scores to be submitted by Sunday 26th July at 9:00pm

This workout is a two part workout with a running clock of 20 minutes and has to be done by each team member individually.



SCORECARD WORKOUT 3 | ALL DIVISIONS

PART A

Round	48 Double Unders	16 O.H. W-Lunges	8 Burpees
1	48	64	72
2	120	136	144
3	192	208	216
4	264	280	288
5	336	352	360
Time			

directly into

PART B

7 RM Front Squats	
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SCORING

The score for Part A will be the time it takes to complete the workout before the 14-minute time cap. If you have not finished the 5 rounds within the time cap, every missing rep has to be added on your time (1 rep = 1 second). F.e. you missed the 8 burpees in the last round, add 8 seconds to your score (14:08).

The score for Part B will be the weight for a successful unbroken set of front squats in kilogram.

For the team scores, add both athlete's scores together. The team captain will be asked to submit a single team score for part A and one team score for part B and a video per team member to competitioncorner.net.

For detailed information have a look into the workout description.