

# WORKOUT THREE

PRESENTED BY



BORN PRIMITIVE

## DT LADDER

EVERY 4 MINUTES, COMPLETE 3 ROUNDS OF THE FOLLOWING:

**12 DEADLIFTS**  
**9 HANG POWER CLEANS**  
**6 SHOULDER-TO-OVERHEAD**

If you complete the three rounds at a given weight within the 4min window, increase the weight to the next load, add another 4:00 to your time-cap, and immediately begin on the next three rounds.

**ROUND 1 - 95, 65LB**  
**ROUND 2 - 135, 95LB**  
**ROUND 3 - 155, 105LB**  
**ROUND 4 - 185, 130LB**  
**ROUND 5 - 205, 145LB - \*AMRAP WITH REMAINING TIME**

**SCORE / TOTAL REPS**

**TIE BREAKER / TIME ON THE CLOCK AT THE LAST FULLY COMPLETED WEIGHT OF THREE ROUNDS.**

### **ALTERNATE OPTION / ANYONE COMPLETING ALTERNATE VERSION IS NOT ELIGIBLE FOR ANY QUALIFYING DIVISIONS**

EVERY 4 MINUTES, COMPLETE 3 ROUNDS OF THE FOLLOWING:

**12 DEADLIFT**  
**9 HANG POWER CLEAN**  
**6 SHOULDER-TO-OVERHEAD**

If you complete the three rounds within the 4:00 window, increase the weight to the next load. Once athlete finishes the round, they can immediately start next round. Athlete does not have to wait for the next 4:00 mark to continue.

**ROUND 1 - 75, 55LB**  
**ROUND 2 - 95, 65LB**  
**ROUND 3 - 115, 80LB**  
**ROUND 4 - 135, 95LB**  
**ROUND 5 - 155, 105LB - \*AMRAP WITH REMAINING TIME**



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## SCORECARD

### EQUIPMENT /

Barbell, Plates, Clips

If performing in kilograms: **55lb = 25kg | 65lb = 30kg | 75lb = 34kg | 95lb = 43kg | 80lb = 36kg | 105lb = 48kg | 115lb = 52kg | 130lb = 59kg | 135 lb = 61kg | 145 lb = 66kg | 155 lb = 70kg | 185 lb = 84kg | 205 lb = 93kg**

### FLOW /

Prior to the start of the clock, the athlete will load their barbell to the first prescribed weight.

At the start of the ascending clock, the athlete may begin their first set of three rounds of "DT." Each round must feature the athlete performing 12 deadlifts, 9 hang power cleans, and 6 shoulder to overhead. After the athlete's first 3 full rounds of "DT" are completed, if prior to 4:00, the athlete may load to the next weight immediately, and begin their next set of three rounds.

Please note, the athlete may change the weight, or may have someone else load the next weight onto the bar. Clips must be on the barbell at all times.

Also note, the athlete does not have to wait for the next 4:00 to begin their next 3 rounds of "DT" at the increased weight; they may immediately begin at the next weight upon completion of the previous.

The athlete will continue in this format until they cannot complete the 3 rounds of "DT" at a specific weight by the time-cap.

If the athlete successfully finishes four full sets each featuring three rounds, they will move on to the final bar (205, 145lb,) where they will perform 'As Many Rounds As Possible' of "DT" with the remaining time until 20:00.

### MOVEMENT STANDARDS /

#### DEADLIFT /

This is a conventional deadlift. Sumo deadlift or hands inside the knees are not permitted. Each rep begins with the barbell on the floor, and then will be lifted until the athlete's hips and knees reach full extension, and their shoulders behind the bar. Bouncing of the deadlift is not allowed.

All men performing the prescribed version can only use a standard 45lb/20kg bar.

#### HANG POWER CLEAN /

Bar must be deadlifted first before engaging in any pulling movement, and must clearly stop at the hip. Bar must be received in the front rack position in one motion from the hang position and may not be lowered below the knees. Full extension of the hips and knees must be achieved with the bar in the front rack position for the rep to count. Reps can be unbroken or partitioned as needed.

All men performing the prescribed version can only use a standard 45lb/20kg bar.



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## SCORECARD

### MOVEMENT STANDARDS (CONT.) /

#### SHOULDER TO OVERHEAD /

Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips, and knees are fully extended, and the bar finishes directly over the body with the feet under the athlete's center of mass.

All men performing the prescribed version can only use a standard 45lb/20kg bar.

### SCORING /

This workout is scored as the total repetitions performed within the allotted time. The tie-breaker will be the time on the clock at the last fully completed weight of three rounds.

### VIDEO SUBMISSION /

Prior to starting, the athlete should state their name, and film the barbell and weights to be used so the weight can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

While video submission is not required until the conclusion of the challenge, we recommend filming all of your completed workouts in preparation for those requested.



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## SCORECARD

**PRESCRIBED, ALTERNATE WORKOUT /  
SCORE SUBMISSION DUE: SEPTEMBER 2ND AT 8PM ET**

### ROUND ONE / 04:00

DEADLIFT	HANG POWER CLEAN	SHOULDER TO OVERHEAD	
12 <sub>12</sub>	9 <sub>21</sub>	6 <sub>27</sub>	
12 <sub>39</sub>	9 <sub>48</sub>	6 <sub>54</sub>	TIME COMPLETE :
12 <sub>66</sub>	9 <sub>75</sub>	6 <sub>81</sub>	TOTAL REPS :

### ROUND FOUR / 16:00

DEADLIFT	HANG POWER CLEAN	SHOULDER TO OVERHEAD	
12 <sub>255</sub>	9 <sub>264</sub>	6 <sub>270</sub>	
12 <sub>282</sub>	9 <sub>291</sub>	6 <sub>297</sub>	TIME COMPLETE :
12 <sub>309</sub>	9 <sub>318</sub>	6 <sub>324</sub>	TOTAL REPS :

### ROUND TWO / 08:00

DEADLIFT	HANG POWER CLEAN	SHOULDER TO OVERHEAD	
12 <sub>93</sub>	9 <sub>102</sub>	6 <sub>108</sub>	
12 <sub>120</sub>	9 <sub>129</sub>	6 <sub>135</sub>	TIME COMPLETE :
12 <sub>147</sub>	9 <sub>156</sub>	6 <sub>162</sub>	TOTAL REPS :

### ROUND FIVE / 20:00

DEADLIFT	HANG POWER CLEAN	SHOULDER TO OVERHEAD	
12 <sub>336</sub>	9 <sub>345</sub>	6 <sub>351</sub>	
12 <sub>363</sub>	9 <sub>372</sub>	6 <sub>378</sub>	
12 <sub>390</sub>	9 <sub>399</sub>	6 <sub>405</sub>	
12 <sub>417</sub>	9 <sub>426</sub>	6 <sub>432</sub>	
12 <sub>444</sub>	9 <sub>453</sub>	6 <sub>459</sub>	TOTAL REPS :

### ROUND THREE / 12:00

DEADLIFT	HANG POWER CLEAN	SHOULDER TO OVERHEAD	
12 <sub>174</sub>	9 <sub>183</sub>	6 <sub>189</sub>	
12 <sub>201</sub>	9 <sub>210</sub>	6 <sub>216</sub>	TIME COMPLETE :
12 <sub>228</sub>	9 <sub>237</sub>	6 <sub>243</sub>	TOTAL REPS :

**TOTAL REPS**

**TIE BREAK TIME**

**ATHLETE NAME** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

**JUDGE NAME** \_\_\_\_\_