

WORKOUT 7

3 X 3

PRESENTED BY

QALO
NEVER SETTLE

ELITE/RX

**EACH ATHLETE COMPLETES
3 ROUNDS FOR TOTAL REPS:**

3MIN AMRAP

99 DOUBLE-UNDERS

33 WALLBALLS
(20, 14LB) (9, 6KG) (10, 9FT)

IN REMAINING TIME:
MAX REP DOUBLE
DB STEP-OVERS
(50, 35LB) (22.5, 15KG)
(24, 20IN)

REST 1MIN & REPEAT

**INTER, SCALED,
BEGINNER**

**EACH ATHLETE COMPLETES
3 ROUNDS FOR TOTAL REPS:**

3MIN AMRAP

66 DOUBLE-UNDERS

22 WALLBALLS
(20, 14LB) (9, 6KG) (10, 9FT)

IN REMAINING TIME:
MAX REP DOUBLE
DB STEP-OVERS
(50, 35LB) (22.5, 15KG)
(24, 20IN)

REST 1MIN & REPEAT

**MODIFIED:
SCALED, BEGINNER**

**EACH ATHLETE COMPLETES
3 ROUNDS FOR TOTAL REPS:**

3MIN AMRAP

66 SINGLE-UNDERS

22 WALLBALLS
(20, 14LB) (9, 6KG)

IN REMAINING TIME:
MAX REP DOUBLE
DB STEP-OVERS
(50, 35LB) (22.5, 15KG)
(24, 20IN)

REST 1MIN & REPEAT

TIME CAP /
11 MIN PER ATHLETE

SCORE /
TOTAL REPS

REQUIRED EQUIPMENT /
Jump Rope, Medball, Dumbbells, Box

The official programmed weight is in pounds. For your convenience the minimum acceptable weights in kg are included in the workouts as listed. If subbing for unavailable equipment, athletes may work at or above the minimum listed weights, however not below.

SCORING /

The sum of each athlete's total reps for this workout will be the team's score.

An athlete may choose to perform the “Modified” version of the workout, in which case when submitting their score in Competition Corner they will indicate as such. Please note, any athlete choosing to perform the modified variation will rank the entire team score lower than teams that elect to perform the workout as prescribed.

WORKOUT FLOW /

Each athlete will individually complete this workout.

The workout begins with the athlete standing tall with jump rope in hand. On the call of 3, 2, 1 Go! The athlete will start the first 3 minute window and complete the jump rope work, followed by the wallball shots, at the completion of the wallball shots the athlete may now complete as many repetitions of dumbbell step overs with the remaining time in the 3 minute window. When the 3 minute window expires, the athlete must now rest for a minute. They will then complete 2 more rounds in this manner, starting back at the beginning with the jump rope work each time.

MOVEMENT STANDARDS /

Double Unders

This is a standard double under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the repetition to count.

Wallball

In the wall ball, the medicine ball must be taken from the bottom of a squat, hip crease passing clearly below the knee, and thrown to hit the specified target. The center of the ball must make contact with the target at or above the specified target height. If the ball hits below or does not hit the target it is a no rep. If the ball hits the ground it must come to a rest before initiating the next rep. Taking the ball from the rebound into the next rep is a no rep.

Double Dumbbell Step Over

The Dumbbells may be held in any manner but must remain in control by the athlete until the rep is credited. The dumbbells may not intentionally make contact with the box or top of the legs to assist in the movement. Using only the feet, the athlete will then step up onto and over the box. Full extension at the top of the box is not

MOVEMENT STANDARDS (CONT.) /

required. Both feet do not have to make contact with the top of the box as long as the trailing leg goes over, not around, the top of the box. Swinging the opposite leg around the side is not allowed. The rep is counted once both feet have hit the ground on the opposite side with the dumbbell still in control.

Single Unders

This is the standard single jump rope in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not just attempts.

FILMING RECOMMENDATIONS /

- If competing for a spot at Wodapalooza Miami, each athlete must be prepared to provide an independent video of their performance.
- Film the dumbbell and medball so each weight can be seen clearly
- Film the wall ball height, as well as the height of the box with a tape measure.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge and a clock or timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Full Requirements and Guidelines for video submission can be found [HERE](#)

ELITE/RX

ROUND 1 - 0:00 - 3:00

99 DOUBLE UNDER	33 WALL BALL	AMRAP DB STEP OVER
99	132	TOTAL DB SO
TOTAL ROUND 1 REPS (DU + WB + TOTAL DB STEP-OVERS) = <input type="text"/>		

1 MINUTE REST 3:00 - 4:00

ROUND 2 - 4:00 - 7:00

99 DOUBLE UNDER	33 WALL BALL	AMRAP DB STEP OVER
99	132	TOTAL DB SO
TOTAL ROUND 2 REPS (DU + WB + TOTAL DB STEP-OVERS) = <input type="text"/>		

1 MINUTE REST 7:00 - 8:00

ROUND 3 - 8:00 - 11:00

99 DOUBLE UNDER	33 WALL BALL	AMRAP DB STEP OVER
99	132	TOTAL DB SO
TOTAL ROUND 3 REPS (DU + WB + TOTAL DB STEP-OVERS) = <input type="text"/>		

TOTAL REPS COMPLETED

A1 + A2 + A3 = TEAM SCORE

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



WORKOUT 7 / SCORECARD



INTERMEDIATE, SCALED, BEGINNER

ROUND 1 - 0:00 - 3:00

66 DOUBLE UNDER/SINGLE UNDER	22 WALL BALL	AMRAP DB STEP OVER
66	88	TOTAL DB SO
TOTAL ROUND 1 REPS (DU + WB + TOTAL DB STEP-OVERS) = <input type="text"/>		

1 MINUTE REST 3:00 - 4:00

ROUND 2 - 4:00 - 7:00

66 DOUBLE UNDER/SINGLE UNDER	22 WALL BALL	AMRAP DB STEP OVER
66	88	TOTAL DB SO
TOTAL ROUND 2 REPS (DU + WB + TOTAL DB STEP-OVERS) = <input type="text"/>		

1 MINUTE REST 7:00 - 8:00

ROUND 3 - 8:00 - 11:00

66 DOUBLE UNDER/SINGLE UNDER	22 WALL BALL	AMRAP DB STEP OVER
66	88	TOTAL DB SO
TOTAL ROUND 3 REPS (DU + WB + TOTAL DB STEP-OVERS) = <input type="text"/>		

TOTAL REPS COMPLETED

A1 + A2 + A3 = TEAM SCORE

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____