



INDY WORKOUT 3 SCORECARD

SCORES DUE MONDAY, OCT 21ST @ 8PM ET

CHOOSE YOUR OWN ADVENTURE, FOR TIME

PRESENTED BY



United States Border Patrol

TIME-CAP: 20MIN

OPTION 1: CHIPPER-STYLE

50 TOES TO BAR
70 BOX JUMP OVERS*
90 ALT. DB SNATCHES

OPTION 3: 2 ROUNDS

25 TOES TO BAR
35 BOX JUMP OVERS*
45 ALT. DB SNATCHES

OPTION 2: 10 ROUNDS

5 TOES TO BAR
7 BOX JUMP OVERS*
9 ALT. DB SNATCHES

OPTION 4: REVERSE CHIPPER-STYLE

90 ALT. DB SNATCHES
70 BOX JUMP OVERS*
50 TOES TO BAR

*STEP DOWN REQUIRED

DIVISION BREAKDOWN

ELITE/RX, INTERMEDIATE, 16-18,
35-39, 40-44, 45-49, 50-54

24, 20 IN / 50, 35 LB
*STEP DOWN REQUIRED

13-15

24, 20 IN / 35, 20 LB
*STEP DOWN REQUIRED

55-59, 60+

24, 20 IN / 35, 20 LB
*STEP-UP ALLOWED
*STEP DOWN REQUIRED

MODIFIED

OPTION 1

50 SIT-UPS
70 BOX STEP-OVERS (20IN ACROSS)*
90 ALT. DB SNATCHES (25, 15LB)

OPTION 2 - 10 ROUNDS

5 SIT-UPS
7 BOX STEP-OVERS*
9 ALT. DB SNATCHES

OPTION 3 - 2 ROUNDS

25 SIT-UPS
35 BOX STEP-OVERS*
45 ALT. DB SNATCHES

OPTION 4

90 ALT. DB SNATCHES
70 BOX STEP-OVERS*
50 SIT-UPS

SCORING

The score for this workout is the time it takes to complete or the total reps completed within the 20min time cap.

If the athlete does not complete the allotted work beneath the cap, their score will be the total number of completed repetitions.

TIEBREAK: None

WORKOUT FLOW

This is a “choose your own adventure” style workout with four different unique options to choose from, each having a 20 minute time cap. Athletes must pick one to complete.

Each option will have a total rep count of:

- 50 Toes to Bar
- 70 Box Jump Overs
- 90 Alternating Dumbbell Snatches

At the start of 00:00, the athlete will have until the 20:00 minute mark to complete their work.

Option 1 - “Chipper Style”

- Athletes will complete 50 toes to bar, then 70 box jump overs and finally 90 alternating DB snatches.

Option 2 - “10 Rounds”

- Athletes will complete 5 toes to bar, then 7 box jump overs, then 9 alternating DB snatches and repeat that sequence for a total of 10 rounds.

Option 3 - “2 Rounds”

- Athletes will complete 25 toes to bar, then 35 box jump overs, then 45 alternating DB snatches and repeat that sequence for a total of 2 rounds.

Option 4 - “Reverse Chipper Style”

- Athletes will complete 90 alternating DB snatches, then 70 box jump overs and finally 50 toes to bar.

If performing a modified version, insert the correct movement variations as outlined above.

REQUIRED EQUIPMENT

- Pull-up bar
- For those performing sit-ups, an ab-mat is optional
- Box of appropriate height for the athlete's division.
- Dumbbell of appropriate weight for the athlete's division.*

If using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.

For your convenience, the minimum acceptable weights in kilograms for the dumbbell;
50lb - 22.5kg / 35lb - 15kg / 25lb - 11kg / 20lb - 10kg / 15lb - 7kg

OTHER RULES & RECOMMENDATIONS

Please note gymnastic grips or straps will not be acceptable at any point during the dumbbell movement, or will result in disqualification. We recommend athletes rotate their grips during the dumbbell movement to ensure compliance.

Be sure the athlete has adequate space to safely complete all movements.
Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

MOVEMENT STANDARDS

TOES TO BAR

- The rep begins with the athlete hanging from the pull-up bar with arms extended and heels behind the pull-up bar
- The rep ends and is credited when both feet clearly contact the bar between the hands at the same time
- During the movement:
 - Overhand, underhand, or mixed grips are all permitted
 - Any part of the feet may make contact with the bar
 - The heels must be brought back behind the pull-up bar
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted but taping the bar AND wearing hand protection is NOT.

BOX JUMP OVER (STEP DOWN REQUIRED)

- The rep begins with the athlete on one side of the box, with both feet on the ground.
- The rep ends and is credited when the athlete's feet have reached the ground on the other side of the box
- During the movement:
 - Box-facing and lateral jumps are permitted
 - The athlete must jump to the top of the box
 - A two-foot takeoff is not required as long as both feet are simultaneously in the air at some point during the jump
 - Step-ups are NOT permitted
 - Both the athlete's feet must touch the top of the box at the same time
 - Only the athlete's feet may touch the box
 - There is no requirement to stand tall while on top of the box
 - A step-down is required on the other side of the box
- Completely jumping over the box is NOT permitted and will result in a no-rep
- Athletes are required to step down from the top of the box.

ALTERNATING DB SNATCHES

- The rep begins with both heads of the dumbbell touching the ground
- The rep ends and is credited when the athlete's feet are flat with the DB overhead with elbow, shoulders, hips and knees clearly fully extended with the DB clearly over the middle of the athlete's body when viewed from profile.
- During the movement:
 - Both heads of the dumbbell must touch the ground.
 - The dumbbell must be lifted overhead in one fluid motion.
 - Touch-and-go is permitted.
 - Bouncing the dumbbell is NOT permitted.
 - The non-lifting hand and arm may not assist by intentionally making contact with the body for support (incidental contact is ok)
 - Athletes must alternate arms for every rep
- The athlete may choose to do a muscle snatch, power snatch, squat snatch or split-style snatch.
 - Both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.
 - The heels must be on the ground at the top of the movement for the rep to count.
- Athletes must alternate arms for every rep.

SIT-UPS (MODIFIED VARIATION)

- The rep begins with the athlete laying on the ground, legs in a butterfly position and both hands touching the ground above the athlete's shoulders.
- The rep ends and is credited when the athlete's hands have touched the ground in front of their legs and below the knees.
- During the movement, athletes may choose to use an ab-mat in the lower part of their back

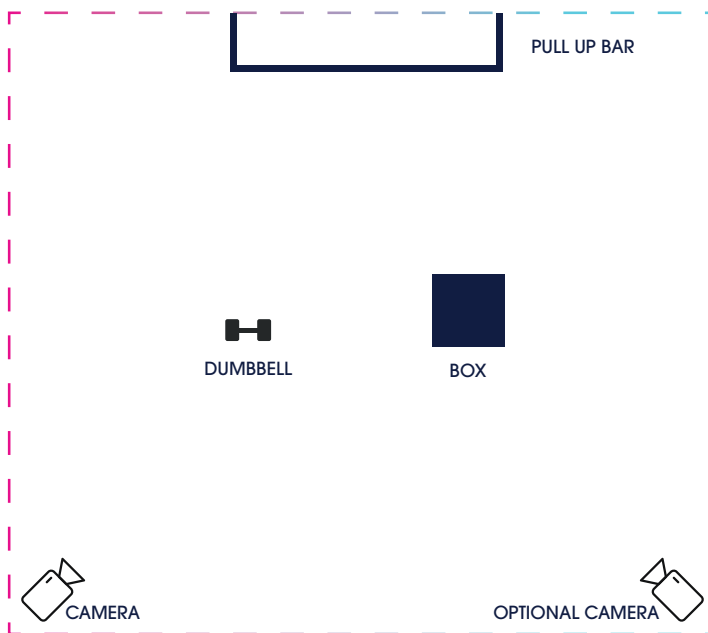
BOX STEP OVER (MODIFIED VARIATION)

- The rep begins with the athlete on one side of the box
- The rep ends and is credited when the athlete's feet have reached the ground on the other side of the box
- During the movement:
 - Box-facing and lateral step overs and jumps are permitted
 - Both the athlete's feet must touch the top of box at the same time
 - Only the athlete's feet may touch the box
 - There is no requirement to stand tall while on top of the box
- Completely stepping or jumping over the box is NOT permitted and will result in a no-rep
- Athletes may jump or step down to the other side of the box

FILMING RECOMMENDATIONS

- We highly recommend using WODPROOF for all official workout filming.
- Prior to the workout, film ALL introductions of name, division and workouts so the athlete can be seen/heard clearly.
- Prior to the workout, film the loads of the dumbbell, and the measurement of the plyometric box, so that the weight amount and height are visible to the camera.
- Film ALL movements so that movement standards being met are clearly being shown.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer is recommended to be visible throughout the entire workout..
- Videos shot with a fisheye lens or similar lens may be rejected.
- Failure to follow any of the filming standards is subject to penalty and/or invalidation of video.

SUGGESTED FILMING LAYOUT



**WOD
PROOF**

WE HIGHLY RECOMMEND DOWNLOADING THE WODPROOF APP FOR OFFICIAL WORKOUT FILMING

Available on the **App Store**

GET IT ON **Google play**



WORKOUT THREE CHOOSE YOUR OWN ADVENTURE, FOR TIME

OPTION 1: CHIPPER STYLE

<p>ELITE/RX, INTERMEDIATE, 16-18, 35-39, 40-44, 45-49, 50-54</p>	<p>13-15</p>	<p>55-59, 60+</p>	<p>MODIFIED</p>
<p>24, 20 IN 50, 35 LB *STEP DOWN REQUIRED</p>	<p>24, 20 IN 35, 20 LB *STEP DOWN REQUIRED</p>	<p>24, 20 IN 35, 20 LB *STEP UP ALLOWED *STEP DOWN REQUIRED</p>	<p>SIT UPS 20 IN ACROSS 25, 15 LB *STEP UP ALLOWED *STEP DOWN REQUIRED</p>

50 TOES TO BAR/SIT UPS	50
70 BOX JUMP OVERS	120
90 ALT. DB SNATCHES	210

TIME TO COMPLETE	
IF TIME CAPPED, TOTAL REPS COMPLETED WITHIN 20 MINUTES	

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ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

SUBMIT
SCORE HERE



WORKOUT THREE CHOOSE YOUR OWN ADVENTURE, FOR TIME

OPTION 2: 10 ROUNDS

ELITE/RX, INTERMEDIATE,
16-18, 35-39, 40-44, 45-49,
50-54

24, 20 IN
50, 35 LB
*STEP DOWN REQUIRED

13-15

24, 20 IN
35, 20 LB
*STEP DOWN REQUIRED

55-59, 60+

24, 20 IN
35, 20 LB
*STEP UP ALLOWED
*STEP DOWN REQUIRED

MODIFIED

SIT UPS
20 IN ACROSS
25, 15 LB
*STEP UP ALLOWED
*STEP DOWN REQUIRED

RD 1	5 TOES TO BAR/SIT UPS	5
	7 BOX JUMP OVERS	12
	9 ALT. DB SNATCHES	21
RD 2	5 TOES TO BAR/SIT UPS	26
	7 BOX JUMP OVERS	33
	9 ALT. DB SNATCHES	42
RD 3	5 TOES TO BAR/SIT UPS	47
	7 BOX JUMP OVERS	54
	9 ALT. DB SNATCHES	63
RD 4	5 TOES TO BAR/SIT UPS	68
	7 BOX JUMP OVERS	75
	9 ALT. DB SNATCHES	84
RD 5	5 TOES TO BAR/SIT UPS	89
	7 BOX JUMP OVERS	96
	9 ALT. DB SNATCHES	105

RD 6	5 TOES TO BAR/SIT UPS	110
	7 BOX JUMP OVERS	117
	9 ALT. DB SNATCHES	126
RD 7	5 TOES TO BAR/SIT UPS	131
	7 BOX JUMP OVERS	138
	9 ALT. DB SNATCHES	147
RD 8	5 TOES TO BAR/SIT UPS	152
	7 BOX JUMP OVERS	159
	9 ALT. DB SNATCHES	168
RD 9	5 TOES TO BAR/SIT UPS	173
	7 BOX JUMP OVERS	180
	9 ALT. DB SNATCHES	189
RD 10	5 TOES TO BAR/SIT UPS	194
	7 BOX JUMP OVERS	201
	9 ALT. DB SNATCHES	210

TIME TO COMPLETE

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OPTION 3: 2 ROUNDS

<p>ELITE/RX, INTERMEDIATE, 16-18, 35-39, 40-44, 45-49, 50-54</p> <p>24, 20 IN 50, 35 LB *STEP DOWN REQUIRED</p>	<p>13-15</p> <p>24, 20 IN 35, 20 LB *STEP DOWN REQUIRED</p>	<p>55-59, 60+</p> <p>24, 20 IN 35, 20 LB *STEP UP ALLOWED *STEP DOWN REQUIRED</p>	<p>MODIFIED</p> <p>SIT UPS 20 IN ACROSS 25, 15 LB *STEP UP ALLOWED *STEP DOWN REQUIRED</p>
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ROUND 1	25 TOES TO BAR/SIT UPS	25
	35 BOX JUMP OVERS	60
	45 ALT. DB SNATCHES	105
ROUND 2	25 TOES TO BAR/SIT UPS	130
	35 BOX JUMP OVERS	165
	45 ALT. DB SNATCHES	210

TIME TO COMPLETE	
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OPTION 4: REVERSE CHIPPER STYLE

<p>ELITE/RX, INTERMEDIATE, 16-18, 35-39, 40-44, 45-49, 50-54</p>	<p>13-15</p>	<p>55-59, 60+</p>	<p>MODIFIED</p>
<p>24, 20 IN 50, 35 LB *STEP DOWN REQUIRED</p>	<p>24, 20 IN 35, 20 LB *STEP DOWN REQUIRED</p>	<p>24, 20 IN 35, 20 LB *STEP UP ALLOWED *STEP DOWN REQUIRED</p>	<p>SIT UPS 20 IN ACROSS 25, 15 LB *STEP UP ALLOWED *STEP DOWN REQUIRED</p>

90 ALT. DB SNATCHES	90
70 BOX JUMP OVERS	160
50 TOES TO BAR/SIT UPS	210

TIME TO COMPLETE	
IF TIME CAPPED, TOTAL REPS COMPLETED WITHIN 20 MINUTES	

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