



WORKOUT THREE

PRESENTED BY



United States
Border Patrol

3 ROUNDS FOR MAX REPS

1 MIN PER MOVEMENT

ALTERNATING DB SNATCHES

SINGLE DB BOX STEP-OVERS

ALTERNATING DB HANG CLEAN & JERKS

BOX JUMP OVERS

REST 1 MIN BETWEEN ROUNDS

TIME CAP: 14 MINUTES

**ELITE/RX,
INTERMEDIATE/ OPEN,
MASTERS RX**

MODIFIED

**3 Rounds for Max Reps
1 min per movement**

Alt DB Snatches
Single DB Box Step-overs
Alt DB Hang Clean & Jerks
Box Jump Overs

Rest 1 min between rounds

DB:(50, 35lb)(22.5, 15kg)
BOX:(24, 20in)(61, 51cm)

**3 Rounds for Max Reps
1 min per movement**

Alt DB Snatches
Body-weight Box Step-overs
Alt DB Hang Clean & Jerks

Rest 2 min between rounds

DB:(35, 20lb)(15, 10kg)
BOX:(24, 20in)(61, 51cm)

WORKOUT FLOW

- Athletes will start standing tall with their backs to the dumbbell.
- At “go”, athletes will have from 00:00-01:00 (1 minute) to complete as many alternating dumbbell snatches as possible.
- Then, from 1:00-2:00 (1 minute), complete as many single dumbbell box step-overs as possible.
- Then, from 2:00-3:00 (1 minute), complete as many alternating dumbbell hang clean & jerks as possible.
- Then, from 3:00-4:00 (1 minute), complete as many box jump overs as possible.
- Then, from 4:00-5:00 (1 minute) rest.
- At the 5:00 mark, begin round 2 of this workout, continuing in the same fashion.
 - 5:00-6:00 Alt DB snatches.
 - 6:00-7:00 Single DB box step-overs.
 - 7:00-8:00 Alt DB hang clean & jerks.
 - 8:00-9:00 Box jump overs.
 - 9:00-10:00 Rest
- At the 10:00 mark, begin round 3 of this workout, continuing in the same fashion.
- The score is the total reps completed over 3 rounds.

NOTES

- Gymnastics grips are NOT permitted for this workout.

SCORE

The score for this workout is the team's total cumulative reps across all three workouts.

- 1 Alt DB Snatch = 1 Rep
- 1 Single DB Box step-over = 1 Rep
- 1 Alt DB hang clean & jerk = 1 Rep
- 1 Box Jump Over = 1 Rep

The team captain must submit individual scores for each member; the system will automatically total the team score.

If any athlete performs the modified workout, the "modified" checkbox must be selected, even if others did the workout as prescribed.

TIEBREAK

Highest rep total by one athlete on the team.

EQUIPMENT

- One (1) Dumbbell at the appropriate weight for the athletes' division*
- Box of appropriate height.
 - 24 inches = no less than 60.96 cm
 - 20 inches = no less than 50.80 cm

If using an adjustable dumbbell, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). In addition, when the dumbbell is at rest, the top of the handle cannot be less than 2.5 inches off the ground. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.

THE OFFICIAL WEIGHT IS IN POUNDS. FOR YOUR CONVENIENCE, THE MINIMUM ACCEPTABLE WEIGHTS IN KILOGRAMS FOR THE DUMBBELLS ARE PROVIDED.

- 50lb - 22.5kg
- 35lb - 15kg
- 20lb - 10kg

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 may be disqualified from the competition.

Unless otherwise stated, athletes may not receive assistance with their equipment during the workout

MOVEMENT STANDARDS

ALTERNATING DUMBBELL SNATCH

- The rep begins with both heads of the dumbbell touching the ground.
- The rep is completed and credited when the DB is 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.
- Athletes 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.

SINGLE DUMBBELL BOX STEP OVER

- The rep begins with the athlete on one side of the box with the dumbbell held off the ground.
- The rep is completed and credited when the athlete's feet have reached the ground on the other side of the box with the dumbbell held off the ground.
- During the movement:
 - Dumbbell may be held in any position.
 - Box-facing and lateral step overs are 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.

ALTERNATING DUMBBELL HANG CLEAN & JERK

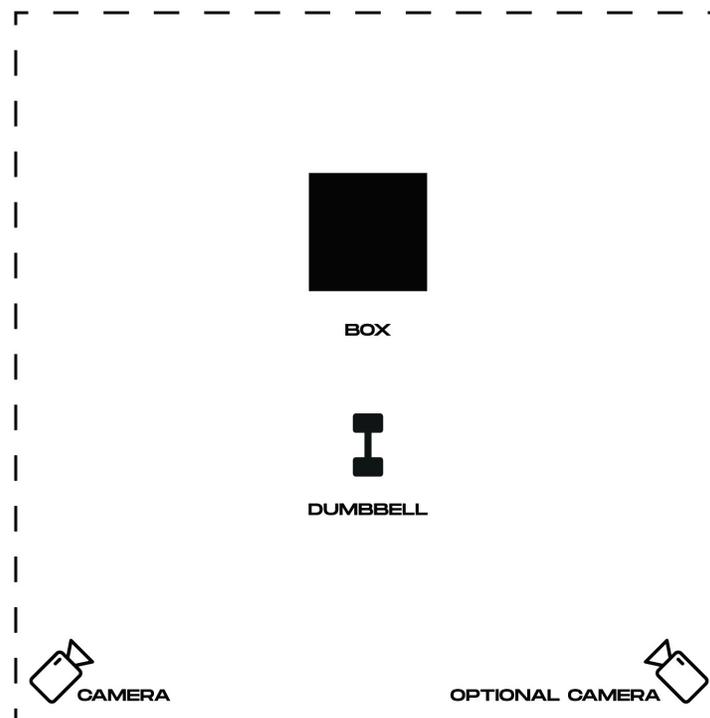
- The rep begins with the DB held in the hang position.
 - The “hang” position is the DB at or below the hips and off the ground.
 - Athletes **MUST** establish a hang position whenever taking the DB from the ground.
 - A deadlift must be performed when taking the DB from the ground.
- The rep is completed and credited when the dumbbell is locked out overhead, with the hips, knees, and arms clearly extended and the dumbbell clearly directly over or slightly behind the middle of the body.
- During the movement:
 - The athlete must move the DB from the hang to the top of the shoulders and then overhead.
 - The DB can be taken from the outside or inside of the legs.
 - One head of the DB must touch the top of the shoulder before taking it overhead.
 - Strict press, push press, jerk, or thruster are all permitted when taking the DB overhead.
 - Athletes must alternate arms for every rep.
- The DBs must stop at the shoulder before going overhead.

BOX JUMP OVER

- The rep begins with the athlete on one side of the box.
- The rep is completed and credited when both of 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.
 - Both the athlete's feet must touch the top of the box at the same time.
 - A two-foot take off is not required as long as both feet are simultaneously in the air during the jump.
 - There is no requirement to stand tall while on top of the box.
 - Contact of the hands on the body or box is **NOT** permitted.
 - Athletes may step down or jump down.
 - Rebounding reps are **NOT** permitted and will result in a no rep. Athletes must show control on the ground before initiating the next repetition.

FILMING STANDARDS

- *Video submission is required for athletes seeking to earn a spot via qualification. However, video submission is not required for athletes looking to earn a spot in Open Registration.*
- Film ALL introductions of name, division, and workouts so the athlete can be seen and/or heard clearly.
- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Film dumbbells so the weight can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer is required to be visible throughout the entire workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or a similar lens may be rejected.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of the video.



ELITE/RX, INTERMEDIATE/OPEN, MASTERS

ROUND 1

TIME	MOVEMENT	REPS
0:00 - 1:00	ALTERNATING DB SNATCHES	
1:00 - 2:00	SINGLE DB BOX STEP OVERS	
2:00 - 3:00	ALTERNATING DB CLEAN & JERK	
3:00 - 4:00	BOX JUMP OVERS	
4:00 - 5:00	REST	

ROUND 2

TIME	MOVEMENT	REPS
5:00 - 6:00	ALTERNATING DB SNATCHES	
6:00 - 7:00	SINGLE DB BOX STEP OVERS	
7:00 - 8:00	ALTERNATING DB CLEAN & JERK	
8:00 - 9:00	BOX JUMP OVERS	
9:00 - 10:00	REST	

ROUND 3

TIME	MOVEMENT	REPS
10:00 - 11:00	ALTERNATING DB SNATCHES	
11:00 - 12:00	SINGLE DB BOX STEP OVERS	
12:00 - 13:00	ALTERNATING DB CLEAN & JERK	
13:00 - 14:00	BOX JUMP OVERS	

SCORES DUE MON, NOV 24 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME _____

ATHLETE SIGNATURE _____

JUDGE NAME _____



MODIFIED

ROUND 1

TIME	MOVEMENT	REPS
0:00 - 1:00	ALTERNATING DB SNATCHES	
1:00 - 2:00	BODYWEIGHT BOX STEP OVERS	
2:00 - 3:00	ALTERNATING DB CLEAN & JERK	
3:00 - 5:00	REST	

TIME	MOVEMENT	REPS
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ROUND 2

TIME	MOVEMENT	REPS
5:00 - 6:00	ALTERNATING DB SNATCHES	
6:00 - 7:00	BODYWEIGHT BOX STEP OVERS	
7:00 - 8:00	ALTERNATING DB CLEAN & JERK	
9:00 - 11:00	REST	

TIME	MOVEMENT	REPS
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ROUND 3

TIME	MOVEMENT	REPS
11:00 - 12:00	ALTERNATING DB SNATCHES	
12:00 - 13:00	BODYWEIGHT BOX STEP OVERS	
13:00 - 14:00	ALTERNATING DB CLEAN & JERK	

SCORES DUE MON, NOV 24 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME _____

ATHLETE SIGNATURE _____

JUDGE NAME _____



SUBMISSION CHECKLIST

- For each athlete, are your scores correctly inputted in Competition Corner, and did you submit it before the deadline of Monday, November 24th @ 8 p.m. ET?
- For each athlete, are the videos playable, publicly viewable, and free of copyright issues?
- Did each athlete show or state your name, division, and workout being performed, for this workout?
- For each athlete, is a clock in the frame or on the recording app **CLEARLY** visible?
- For each athlete, are the measurements/weights **CLEARLY** shown and stated in the video?
- For each athlete, are the movements **CLEARLY & VISIBLY** performed to standards as stated by WZA?
- For each athlete, is your video clear of obstructions?
- For each athlete, is this the correct video submission for this specific workout?
- For each athlete, is your video correctly inputted in Competition Corner and did you submit it before the deadline of Tuesday, November 25th @ 8 p.m. ET?