WORKOUT THREE

PRESENTED BY VELITES

15 MIN AMRAP

12 Cleans

30 Double Unders

9 Front Squats

30 Double Unders

6 Shoulder To Overhead

WEIGHTS PER DIVISION	MODIFIED VERSION
ELITE/RX, 35-39, 40-44 R1: 95, 65 lb (43, 29 kg) R2: 135, 95 lb (61, 43 kg) R3: 165, 115 lb (75, 52 kg) R4: 185, 135 lb (83, 61 kg) R5+: 225, 155 lb (102, 70 kg) **INTERMEDIATE/OPEN, 16-18, 45-49, 50-54, 55+ MASTERS PAIRS/TEAMS** R1: 95, 65 lb (43, 29 kg) R2: 115, 75 lb (52, 34 kg) R3: 135, 95 lb (61, 43 kg) R4: 165, 115 lb (75, 52 kg) R5+: 185, 135 lb (83, 61 kg) **13-15** R1: 75, 55 lb (52, 25 kg) R2: 95, 65 lb (43, 29 kg) R3: 115, 75 lb (52, 34 kg) R4: 125, 85 lb (56, 38 kg) R5+: 135, 95 lb (61, 43 kg)	**15 min AMRAP** 12 Cleans 30 Single Unders 9 Front Squats 30 Single Unders 6 Shoulder-to-Overhead R1: 75, 55 lb (52, 25 kg) R2: 95, 65 lb (43, 29 kg) R3: 115, 75 lb (52, 34 kg) R4: 125, 85 lb (56, 38 kg) R5+: 135, 95 lb (61, 43 kg)

WORKOUT THREE

PRESENTED BY VELITES

ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

WEIGHTS PER DIVISION	MODIFIED VERSION

WORKOUT FLOW

- Start with your back to the barbell.
- At "go," turn around and complete:
  - 12 cleans
  - 30 double unders
  - 9 front squats
  - 30 double unders
  - 6 shoulder-to-overhead
- Use the following barbell loads for all movements in each round (men/women):
  - Round 1: 95/65 lb
  - Round 2: 135/95 lb
  - Round 3: 165/115 lb
  - Round 4: 185/135 lb
  - Round 5 and beyond: 225/155 lb
- Repeat for as many rounds and reps as possible within 15 minutes

NOTES

- Athletes **may not** receive assistance loading, unloading, or moving their barbell, or handling their jump rope
- Athletes **must** use the same barbell throughout the workout
- Gymnastics grips are not permitted for this workout

SCORE

- The total reps completed within 15 minutes

TIEBREAK

- Record a tiebreak time after completing each round
- Your tiebreak is your last recorded tiebreak time
- If athletes have the same score, the faster tiebreak time wins

EQUIPMENT

- Barbell
  - Men are required to use a 45-lb (20-kg) barbell
  - Women are required to use a 35-lb (15-kg) barbell

- Bumper plates
    - Must be standard bumper plates 18 inches (45 cm) in diameter
- Collars
- Jump Rope

MOVEMENT STANDARDS

CLEAN

Start of Rep

- Barbell on the ground

During the Rep

- Lift the barbell from the ground to the front rack in one continuous motion
- Muscle, power, squat, and split cleans are permitted
    - Hang cleans are not permitted
- Only the feet may touch the floor

Completion of Rep

- Barbell touching the shoulders in the front rack, with elbows clearly in front of the bar
- Hips and knees extended
- Feet in line beneath the body

FRONT SQUAT

Start of Rep

- Barbell touching the shoulders in the front rack, with elbows clearly in front of the bar
- Any grip is permitted

During the Rep

- The hips must pass clearly below the knees
- Only the feet may touch the ground
- A squat clean will count as a rep if all depth and completion standards are met

Completion of Rep

- Barbell touching the shoulders in the front rack, with elbows clearly in front of the bar
- Hips and knees fully extended

SHOULDER TO OVERHEAD

Start of Rep

- Barbell touching the shoulders in the front rack, with elbows clearly in front of the bar
- Hips and knees extended
- Feet in line beneath the body

During the Rep

- Shoulder presses, push presses, push jerks, split jerks, and squat jerks are permitted
- Only the feet may touch the floor
- Dropping the barbell behind the head results in a no-rep

Completion of Rep

- The barbell directly over or slightly behind the middle of the body
- Arms, hips, and knees fully extended
- Feet in line beneath the body

DOUBLE UNDERS

Start of Rep

- Athlete holding the jump rope

During the Rep

- The rope must spin forward
- Only successful jumps are counted
- Incomplete attempts do not count

Completion of Rep

- Rope passes under the feet twice during a single jump

SINGLE UNDERS (MODIFIED)

Start of Rep

- Athlete holding the jump rope

During the Rep

- The rope must spin forward
- Only successful jumps are counted
- Incomplete attempts do not count

Completion of Rep

- Rope passes under the feet once during a single jump

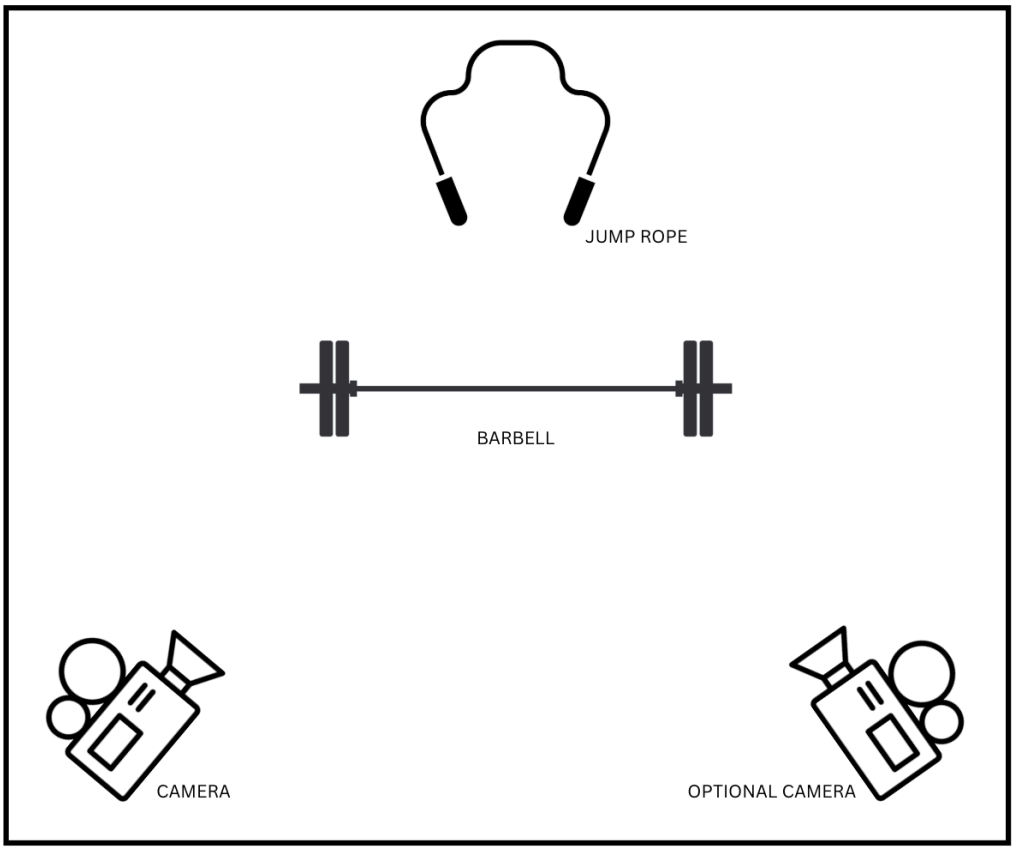
EXTRA

- Face the camera during all barbell movements.
- Position and/or move the camera so all movement standards can be clearly verified throughout the workout.

FILMING STANDARDS

- Clearly state or show your name, division, and workout on camera.
- Show all required competition area measurements, equipment loads, and heights clearly.
- Record the entire workout in one continuous, unedited video.
- Keep a clock or timer visible throughout the workout.
- Position the camera so all movements and required standards can be clearly verified.
- Videos filmed with a fisheye or similar lens may be rejected.
- Failure to meet these standards may result in a penalty or invalidation of the video.

Video submission is required for athletes seeking a spot through qualification. It is not required for athletes entering through Open Registration.



VIDEO SUBMISSION GUIDELINES

WORKOUT THREE

PRESENTED BY VELITES

ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

ALL DIVISIONS

ROUND 1 WEIGHT 1	12 CLEANS	12	
	30 DOUBLE UNDERS	42	
	9 FRONT SQUAT	51	
	30 DOUBLE UNDERS	81	
	6 SHOULDER TO OVERHEAD	87	TIME
ROUND 2 WEIGHT 2	12 CLEANS	99	
	30 DOUBLE UNDERS	129	
	9 FRONT SQUAT	138	
	30 DOUBLE UNDERS	168	
	6 SHOULDER TO OVERHEAD	174	TIME
ROUND 3 WEIGHT 3	12 CLEANS	186	
	30 DOUBLE UNDERS	216	
	9 FRONT SQUAT	225	
	30 DOUBLE UNDERS	255	
	6 SHOULDER TO OVERHEAD	261	TIME
ROUND 4 WEIGHT 4	12 CLEANS	273	
	30 DOUBLE UNDERS	303	
	9 FRONT SQUAT	312	
	30 DOUBLE UNDERS	342	
	6 SHOULDER TO OVERHEAD	348	TIME
ROUND 5 WEIGHT 5	12 CLEANS	360	
	30 DOUBLE UNDERS	390	
	9 FRONT SQUAT	399	
	30 DOUBLE UNDERS	429	
	6 SHOULDER TO OVERHEAD	435	TIME
ROUND 6 WEIGHT 5	12 CLEANS	447	
	30 DOUBLE UNDERS	477	
	9 FRONT SQUAT	486	
	30 DOUBLE UNDERS	516	
	6 SHOULDER TO OVERHEAD	522	TIME
ROUND 7 WEIGHT 5	12 CLEANS	534	
	30 DOUBLE UNDERS	564	
	9 FRONT SQUAT	573	
	30 DOUBLE UNDERS	603	
	6 SHOULDER TO OVERHEAD	609	TIME
REPS AT 15 MIN			
TIEBREAK TIME			

WORKOUT THREE

PRESENTED BY VELITES

ROAD TO 15
GYMREAPERS WODAPALOOZA
ONLINE CHALLENGE & QUALIFIER

SUBMIT INDIVIDUAL SCORE	SUBMIT PAIRS/TEAMS SCORE
SCORES DUE MON, NOV 9 @ 8:00PM ET VIA COMPETITION CORNER	

SUBMISSION CHECKLIST

- [ ] Is your score entered correctly in Competition Corner?
- [ ] Did you submit your score before Monday, November 9 @ 8:00pm ET?

WHEN SUBMITTING A VIDEO

- [ ] Is this the correct video for this workout?
- [ ] Is it playable, publicly viewable, and free of copyright issues?
- [ ] Did you clearly state or show your name, division, and workout?
- [ ] Is a clock or timer clearly visible throughout the workout?
- [ ] Are all required measurements and weights clearly shown and stated?
- [ ] Can all movements be clearly verified against WZA's movement standards?
- [ ] Is the camera's view unobstructed?
- [ ] Is the video continuous and unedited?