

# Workout 3

Teams



Team Name: \_\_\_\_\_

## WORKOUT 3

FOR TIME:

ROW 500M (EACH, 2000M TOTAL)  
INTO  
20 WORM THRUSTERS

\_\_\_\_\_

Time Cap: 9 Minutes

ROW	DISTANCE/REPS	COMPLETED
PERSON 1	<b>500M</b>	
PERSON 1	<b>500M</b>	
PERSON 1	<b>500M</b>	
PERSON 1	<b>500M</b>	
TEAM	<b>20 THRUSTERS</b>	

EQUIPMENT:

Row Erg  
Worm

**Total Reps at 9 Minutes** \_\_\_\_\_

**Time** \_\_\_\_\_

Team Captain Name: \_\_\_\_\_

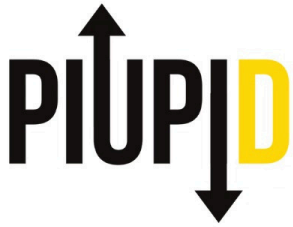
Signed: \_\_\_\_\_

Judges Name: \_\_\_\_\_

Signed: \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this workout.

IN SUPPORT OF **KSSX**  
**AIR AMBULANCE CHARITY**  
 KENT SURREY SUSSEX



Presented by



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INTO  
20 WORM THRUSTERS

Time Cap: 9 Minutes

#### EQUIPMENT:

Row Erg  
Worm

- Athletes will start laying BEHIND the start line, After 3, 2, 1.. GO!
- Teams will make their way to the rower and the first person can start their row
- The first person MUST complete 500m but once they have reached 500m MUST stop pulling on the oar, the judge will stop the team for a 10 second penalty if the oar is pulled after any of the 500m, 1000m, 1500m segments
- The oar must be placed back into the holder after each 500m (including the last 500m)
- Teams CAN assist each other in and out of the rower but the oar can only be touched by the athlete ON the seat
- Once the 2000m has been completed the Team will move to the worm to complete 20 Worm Thrusters
- The Worm must be first cleaned to shoulders (squat cleans are permitted, there is no need to clean and stand tall before starting the Thruster)
- In the Squat all athletes must break parallel before standing to pass the worm over head
- The Rep is credited when the worm is successfully squatted and passed overhead onto all the shoulders of the team
- Once all 20 Thrusters are completed, teams will run to the finish line to complete their time
- If a team is time capped on the row, their score will be reps, each 500m complete will count as 1 rep
- This workout has a total of 24 Reps
- Score sheets must be signed by one of the Team