



SERVICE CUP

SCORE SUBMISSION DUE 5 P.M. PT THURSDAY, JUNE 13

Presented by



WORKOUT 3 - KELLY BROWN

5 rounds for time:

- 440-meter row
- 10 box jumps
- 10 deadlifts
- 10 wall-ball shots

Time cap: 25 minutes

- ♀ 24-inch box, 185-lb deadlift (83 kg), 14-lb ball to 9-foot target
- ♂ 30-inch box, 275-lb deadlift (125 kg), 20-lb ball to 10-foot target

**Note: The original workout calls for a 30/20-lb medicine ball. For ease of implementation at an affiliate, the standard wall-ball loads are used for this competition. Athletes who wish to use the heavier medicine ball are free to do so.*

WORKOUT VARIATIONS

Community (suggested)

5 rounds for time:

- 440-meter row
- 10 box jumps OR step-ups
- 10 deadlifts
- 10 wall-ball shots

Time cap: 25 minutes

- ♀ 20-inch box, 95-lb deadlift (43 kg), 10-lb ball to 9-foot target
- ♂ 24-inch box, 135-lb deadlift (61 kg), 14-lb ball to 10-foot target

NOTES

- For safety, the barbell must be placed at least 5 feet away from the box.
- Start seated on the rower with hands off the paddle.
- Your score will be the total time taken to complete the workout **OR** the total number of reps completed before the time cap.
- If time-capped on the row, each 10 meters completed when the rower comes to rest counts as 1 rep (rounded down) — e.g., 237 meters = 23 reps.
- There is no tiebreak for this workout.
- Video submissions are only required for those who wish to be eligible for prizes.
- Community athletes may use the suggested variation **OR** scale the workout to their ability level.
- Score is due by Thursday, June 13, at 5 p.m. PT.

EQUIPMENT

- Concept2 rower
- Box of appropriate height
- Medicine ball and wall-ball shot target
- Barbell, plates, and collars
- Tape, cones, or another object to indicate the barbell is 5 feet away from the box.

MOVEMENT STANDARDS

ROW

REQUIREMENTS



1. The monitor must be set to 0 at the beginning of each row and count up.
2. Any damper setting may be used at any time.
3. Remain seated until the monitor clearly reads 440 meters.

COMMON NO REPS

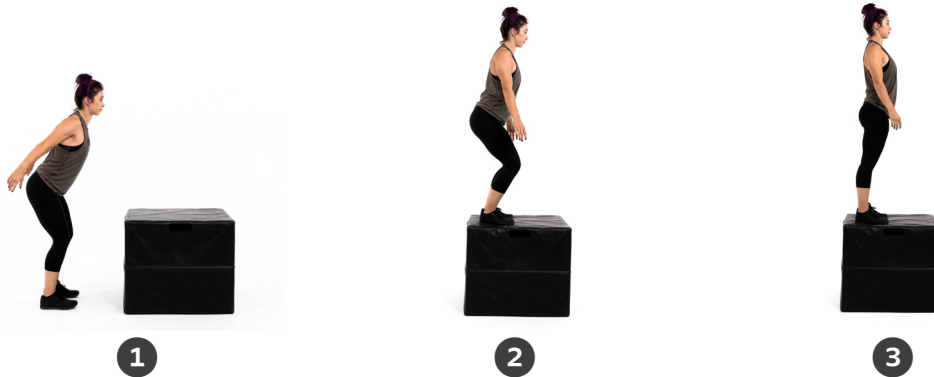
NOTE: This list is not exhaustive.

- ✘ Standing up from the rower prior to reaching 440 meters.
- ✘ Starting the round without resetting the monitor to 0.

MOVEMENT STANDARDS

BOX JUMP

REQUIREMENTS



1. Start each rep facing the box with both feet on the ground.
2. Using a two-foot takeoff, jump to the top of the box.
 - A two-foot landing **IS** required.
 - Only the feet may make contact with the box.
3. The rep is credited when:
 - The hips and knees are fully extended with the athlete standing on top of the box.

NOTE: Athletes performing the community variation of the workout may step up to the box. **ALL** athletes **MUST** step down from the top of each rep.

COMMON NO REPS

NOTE: This list is not exhaustive.



- ✗ Stepping up to the box or using a single-foot jump (competitive division only).
- ✗ Touching the box with the hands or knees.
- ✗ Jumping down from the top of the box.
- ✗ Not reaching full extension of the hips and/or knees.
- ✗ The hands cannot contact the legs at any time.

ADDITIONAL:

- ✗ Angling the box and jumping up on the corner.



MOVEMENT STANDARDS

DEADLIFT

REQUIREMENTS



1. The barbell starts on the ground (both plates touching the ground).
 - Hands must be outside the knees. No sumo deadlifts.
 - Any style of grip is permitted.
2. The rep is credited when:
 - Hips and knees reach full extension.
 - Head and shoulders are behind the bar when viewed from the side.

COMMON NO REPS

NOTE: This list is not exhaustive.



- ✘ Lowering the barbell before reaching full extension of the knees or hips.



- ✘ Finishing with the head and/or shoulders in front of the bar.



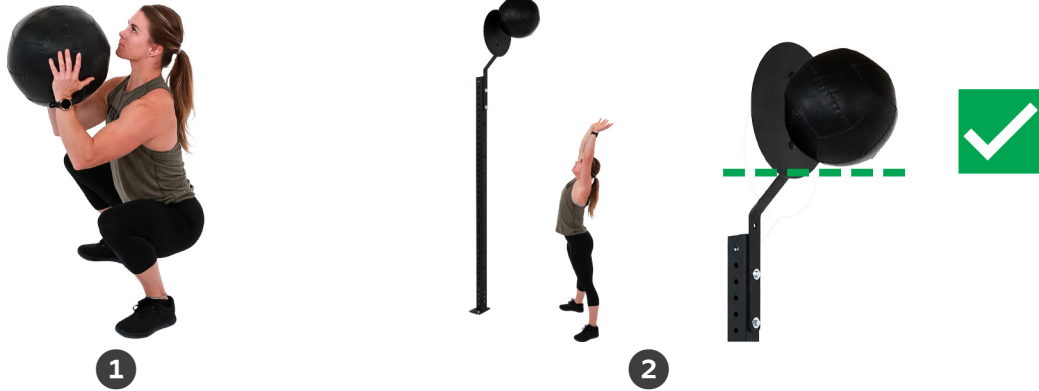
- ✘ Deliberately bouncing the bar.



MOVEMENT STANDARDS

WALL-BALL SHOT

REQUIREMENTS



1. Each rep starts with the ball in the support position in front of the body.
 - A squat clean is allowed, but not required, to start a set.
 - Squat until the crease of the hip is clearly below the knees (below parallel).
2. The rep is credited when the center of the ball hits the target clearly **ABOVE** the specified height.

COMMON NO REPS

NOTE: This list is not exhaustive.



✗ Squatting at or above parallel.



✗ The ball hitting low on the target.



✗ The ball not making contact with the wall/target.

ADDITIONAL:

✗ Allowing the ball to drop from the target and catching it on the bounce/rebound.



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Momentous

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	440-METER ROW 10 METERS = 1 REP, ROUNDED DOWN	10 BOX JUMPS	10 DEADLIFTS	10 WALL-BALL SHOTS
ROUND 1	44	54	64	74
ROUND 2	118	128	138	148
ROUND 3	192	202	212	222
ROUND 4	266	276	286	296
ROUND 5	340	350	360	370

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Judge _____
Judge Name

Time or Reps at 25 Min. _____

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

SERVICE CUP - WORKOUT 3

Athlete Name _____
Print

Time or Reps at 25 Min. _____

Workout Location _____

Date _____

Judge _____
Judge Name

Judge Signature