



Workout #3 - 9 min AMRAP

9 Kettlebell Goblet Lunges 9 Kettlebell Swings (American) 9 Thrusters

RX - 53/35#, 95/65# Scaled - 53/35#, 85/55# Beginner - 35/26#, 75/45#

At 3,2,1, go...Partner 1 pick up the KB and do the 9 KB goblet lunges, alternating legs with each rep. Once the lunges are complete, Partner 1 will put the KB on the ground. Partner 2 will then pick up the KB and do 9 American KB swings. Once Partner 2 completes the KB swings and sets the KB on the floor, Partner 1 will pick up the barbell and do 9 thrusters. Once the thrusters are complete and the barbell is on the floor, Partner 2 will begin doing 9 KB goblet lunges. The KB or barbell must be on the ground before the other partner can begin their movement. Partners will continue switching between the movements for the remainder of the 9 minutes. It does not matter which teammate is Partner 1 and Partner 2.

Movement Standards

Kettlebell Goblet Lunges - Each lunge begins with the kettlebell held in the goblet position (hand placement on the kettlebell doesn't matter), feet together, and the athlete standing tall. The athlete will then step forward until the trailing knee makes contact with the ground at the bottom of each lunge. If the trailing knee does not touch the ground, it is a no-rep. The athlete will then step back to the standing position. The rep is complete once the athlete has returned to the standing position with their feet together, and hips and knees fully extended. The athlete must alternate their lead foot with each rep and must keep the kettlebell in the goblet for the duration of the repetition.

American Kettlebell Swings - This movement begins with the kettlebell in of of the athletes hands in the hang position. The athlete will then swing the kettlebell to an overhead position. At the top, the athlete's arms will be locked out and the bottom of the kettlebell will be facing the ceiling. Once locked out at the top, the athlete can then swing the kettlebell back down and

through their legs, starting a new rep. Each rep is considered complete when it is in the overhead and locked out position.

Thrusters - The movement begins with the athlete in the bottom of a front squat with the hip crease below the knee. The athlete may either power clean or squat clean the barbell. Once the athlete breaks parallel, they will begin their ascent into the standing position while simultaneously pressing the bar overhead. The athlete's hips and arms must come to a full lock-out with their head coming through the bar for the rep to count. Once the athlete is locked out at the top, they may begin the next rep. The bar is not required to come from the ground each rep, athletes may string reps together. If the athlete does not break parallel or does not lock out their hips and arms at the top with their head coming through, it is a no-rep.

Workout #3 Scoring

Total number of reps completed by the team.