



Side Workout #3

6 rounds for time:

	Female	Male
RX	12 cal bike 12 DB S2OH (35#)	14 cal bike 14 DB S2OH (50#)
Scaled	10 cal bike 10 DB S2OH (20#)	12 cal bike 12 DB S2OH (35#)
Beginner	8 cal bike 8 DB S2OH (15#)	10 cal bike 10 DB S2OH (25#)

At 3, 2, 1, go... Partner 1 will begin the workout by completing the calories on the bike and DB shoulder-to-overhead (S2OH). Once Partner 1 has completed the round, Partner 2 will begin round 2 on the bike, completing the calories directly followed by the DB S2OH reps. Partner 1 will then begin round 3. Partners will continue to alternate rounds throughout the remainder of the workout.

The bike display will be reset to 0 calories after each round. THIS IS THE ATHLETE'S RESPONSIBILITY. Before the next round of biking begins, the judge **must** see that the display on the bike is at 0 calories. The dumbbells must start and end on the floor.

IMPORTANT: If you drop the dumbbells, your team will be given a 2 minute penalty.

Side Workout #3 Scoring

Total time for the team to complete the 6 rounds of the workout.

Movement Standards

Dumbbell Shoulder-to-Overhead (S2OH) - When S2OH is noted, the athlete is permitted to move the dumbbells from their shoulder to the overhead position by way of strict press, push press, push jerk, split jerk, or thruster. The athlete may choose which of these movements they would like to use. The athlete does not need to indicate which movement they will be using and can switch S2OH movements during the workout (e.g. start strict pressing then begin push jerking). Regardless of the movement used, the rep is complete when the hips and knees are fully extended with the athletes elbows and weight locked out overhead.

IMPORTANT: The dumbbells are *never* to be dropped. If you drop the dumbbells, a penalty will be assessed to your team.