



Open Prep Solo Comp

WOD #3: *An Abundant Number of Years Ago*

RX Workout #3:

For Time w/ a 10:00 – Cap

4 Rounds:

9- Deadlifts (205#/145#)

12- Bar Facing Burpees

15- Box Jumps (24"/20") *NO BOUNDING – MUST STEP DOWN*

SCALED Workout #3:

For Time w/ a 10:00 – Cap

4 Rounds:

9- Deadlifts (155#/105#)

12- Burpees to a 45# plate

15- Box Step Up & Overs (24"/20") *MUST STEP DOWN*

Workout #3: 10:00 AMRAP:

The workout begins with the athlete standing tall and addressing the deadlift bar. After the call of “3, 2, 1 ... go,” the athlete will pick up the bar and perform the deadlifts (*Movement Standards Below*). After 9 reps are complete, the athlete will move to the burpees (*Movement Standards Below*). After 12 reps are complete, the athlete will move to the box jumps or step ups (*Movement Standards Below*). After 15 reps are complete, the athlete will start round two and begin back at the deadlifts.

The workout is completed for time when all 4 rounds are finished. If an athlete doesn't finish, each rep the do not finish will be added to their time capped time.
10:00+

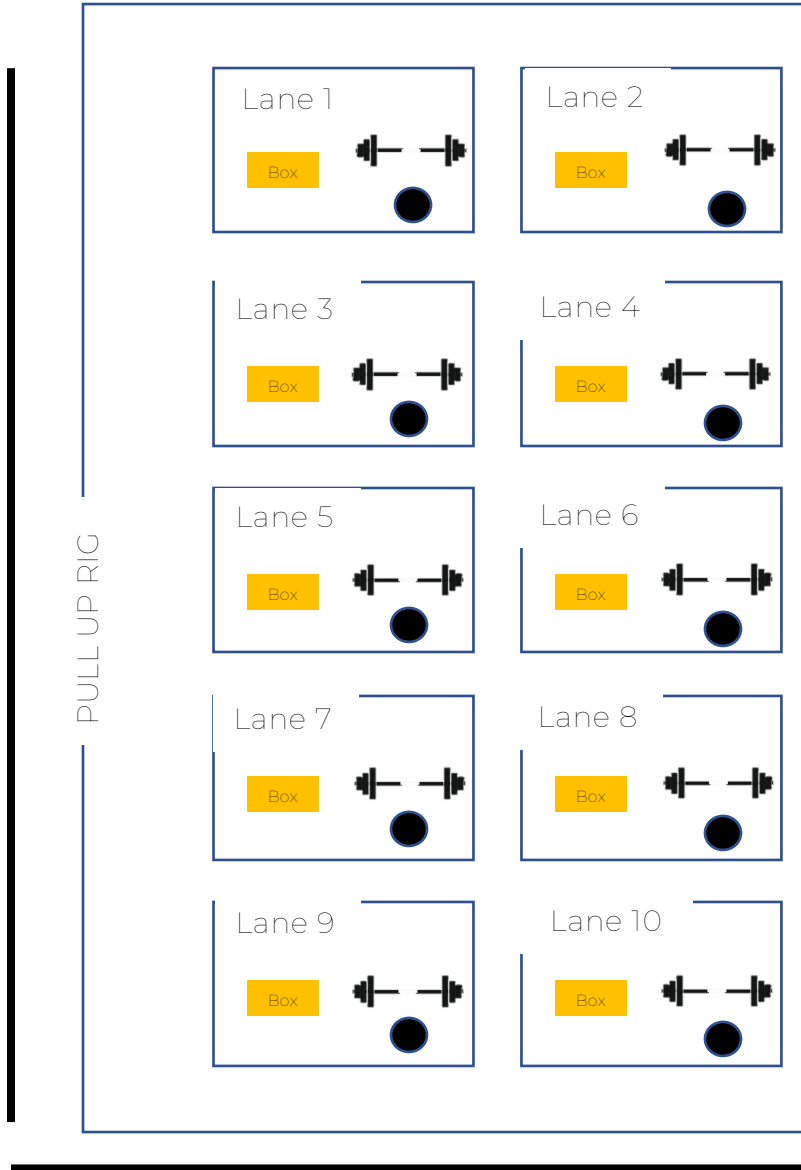


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Floor Plan Workout #3:

RX & Scaled





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Movement Standards Workout #3:

RX & SCALED Deadlifts:



- Start every rep with the barbell on the ground.
- Hands must be outside the knees. Sumo deadlifts are not allowed.
- Arms must be straight throughout. No bouncing.
- The rep is credited when the hips and knees reach full extension and the head and shoulders are behind the bar.



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RX Bar Facing Burpees:



- The burpee must be performed perpendicular to and facing the barbell.
- The athlete jumps or steps back to lie on the ground. The athlete's head must be behind the barbell. The chest and thighs must touch the ground at the bottom. The hands and feet must remain inside the width of the plates at the bottom of the burpee. From this position, the athlete can step or jump to their feet.
- The athlete must jump over the barbell using a two-foot takeoff. Single-legged jumping or stepping over is not permitted. The athlete does not need to land with both feet at the same time.
- The rep is credited when both feet have touched the ground on the opposite side of



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SCALED Burpees to a Plate:



- The burpee must be performed perpendicular to and facing the 45# plate.
- The athlete jumps or steps back to lie on the ground. The athlete's head must be behind the plate. The chest and thighs must touch the ground at the bottom. From this position, the athlete can step or jump to their feet.
- The athlete must jump on top of the plate using a two-foot takeoff. Single-legged jumping or stepping over is not permitted. The athlete does not need to land with both feet at the same time.
- The rep is credited when both feet are on the plate at the same time.



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RX & SCALED Box Jumps/Step Ups



- Start with both feet on the ground and face the side of the box
- Do NOT angle the box and jump or step up on the corner.
- Only the feet may make contact with the box.
- The rep is credited when:
 - Both feet are on top of the box.
 - Hips and knees are fully extended, with head and shoulders over the hips.
- Step down from the top of the box is mandatory.