



Workout 3

12:00pm PST Wednesday, January 21- 12:00pm PST Monday, January 26

Presented By:



AMARA

500m Row, 30 Burpees over the Rower, 2000m Row



Workout 3 Score

Score 3A

For Time: 500 + Burpees

Score 3B*

Total Time: 500 + 2000

*For 3B, if Burpees take longer than 2 mins, the additional time is factored into 2000.

3A - 4:05.88 / 3B - 10:46.90

Athlete Name _____

Date & Time _____

