

# 2017 Week 3 Workout

Thursday July 20th 5:00pm PST

Due Monday July 24th 5:00pm PST



# 17.3+

### Workout 17.3+

#### 14 Minute AMRAP

- 1000m Row
- 10 Chest to Bar Pull Ups
- 800m Row
- 20 Chest to Bar Pull Ups
- 600m Row
- 30 Chest to Bar Pull Ups
- 800m Row
- 20 Chest to Bar Pull Ups
- 1000m Row
- 10 Chest to Bar Pull Ups
- Max Meters

Standard - Chest to Bar Pull Ups  
 Scaled - Jumping Chin Over the Bar Pull Ups

Athlete Name \_\_\_\_\_

Date & Time \_\_\_\_\_

Judges Signature \_\_\_\_\_

17.3+ Total Reps \_\_\_\_\_

Visit [RowdRoyalty.com](http://RowdRoyalty.com) for all Rules and Standards BEFORE attempting the workout.

Row	C2B	Total Reps
1000	10	1010
800	20	1830
600	30	2460
800	20	3280
1000	10	4290
Max		

