

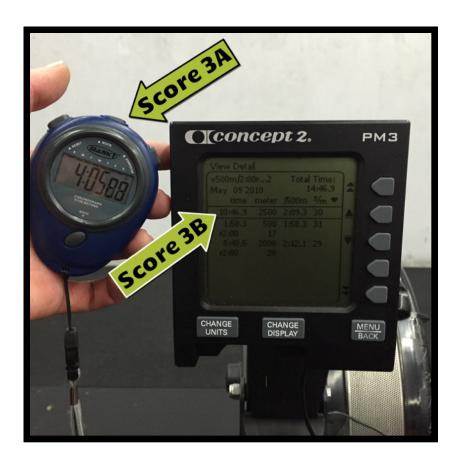
## Workout 3

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

Presented By:



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



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

## **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.

<b>Athlete Name</b>		

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

