



# EVENT 3

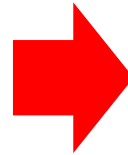


## AMRAP 12:

**F F F**

30 C&J (95) → Row 15 Cals  
→ Bike 10 Cals

Rd 2: 20 @ (105)  
Rd 3: 10 @ (125)



**M M M**

30 C&J (135) → Row 21 Cals  
→ Bike 15 Cals

Rd 2: 20 @ (155)  
Rd 3: 10 @ (185)

- Event 3 is a relay between 2 teams.
  - Team A is composed of 3 females (FFF).
  - Team B is composed of 3 males (MMM).
- Each team will have access to 2 barbells initially loaded at (135/95), 1 bike, 1 rower, and weights to increase C&J weight.
- Only members of the “working” team may adjust bike seat height. Athletes are expected to tighten adjustment knob fully.
- Each team must complete the Clean and Jerks before moving to the Bike and Rower.
- Rowing and Biking will occur simultaneously. Switching on rower or bike allowed anytime. There will be 1 person resting.
- All machines will be reset by the staff to 0 cals after each round.
- **Movement standard:** [Clean and Jerk](#) (link). Power clean permitted. Push press, push jerk, split jerk allowed.

100 pts