



EVENT 3



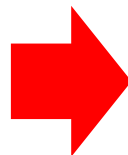
AMRAP 12:



40 1-arm DB Hang
Clean & Jerk*
*35/20

→ Row 12 Cals

→ Bike 8 Cals



40 1-arm DB Hang
Clean & Jerk*
*35/20

→ Row 18 Cals

→ Bike 12 Cals

- 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 Dumbbells (35,20), 1 bike, and 1 rower.
- Each team must complete 40 DB HC&J before moving to the Bike and Rower.
- Only members of the “working” team may adjust bike seat height. Athletes are expected to tighten adjustment knob fully.
- Rowing and Biking will occur simultaneously. Switching on the rower or bike is allowed anytime.
- All machines will be reset by the staff to 0 cals after each round.
- **Movement standard:** [1-arm DB Hang Clean and Jerk \(link\)](#). Each athlete must complete the same number of reps with left and right hand before switching teammates.

100 pts