

Workout #3
“It Takes Two To Tango”

25 Hand Release Pushup
50 Wallball
75 Partner Front Squat
100 Lateral Jump
100m Partner Wheelbarrow

Heat	Division and Place	Start Time
1	Scaled 19-30	14:20
2	Scaled 7-18	14:35
3	Diaper 25-29 Scaled 1-6	14:50
4	Diaper 13-24	15:05
5	Diaper 1-12	15:20
6	RX 49-59	15:45
7	RX 37-48	16:00
8	RX 25-36	16:15
9	RX 13-24	16:30
10	RX 1-12	16:45