



For Athletes in their Prime

STANDARDS

MLO 23.3

WOD - 3

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WOD - 3

'BACKBONE'

19MIN CONTINUOUS CLOCK

5 ROUNDS

EVERY 3MINS COMPLETE THE FOLLOWING

10 x2 DUMBBELL CLEAN & JERKS

20 PULL UPS

MAX CAL ROW IN THE REMAINING TIME

1MIN REST BETWEEN ROUNDS

TIEBREAK TIME: COMPLETION OF 1ST ROUND OF 10 DB CLEAN & JERKS AND 20 PULL UPS.

EQUIPMENT

PULL UP BAR

- DUMBBELLS
- CONCEPT2 ROWER

NOTES

All reps contribute to your score, including the dumbbell clean & jerks, Pull-ups and Cal Row.

SCORE (TOTAL REPS) = DB CLEAN & JERKS + PULL UPS + CAL ROW

VARIATIONS

HERO

35-49

DB: M 22.5kg F 15kg

Pull Ups

50-59

DB: M 20kg F 12.5kg

Pull Ups

60-64

DB: M 17.5kg F 10kg

Pull Ups

65+

DB: M 15kg F 8kg

Pull Ups

WARRIOR

35-49

DB: M 22.5kg F 15kg

Pull Ups

50-59

DB: M 20kg F 12.5kg

Pull Ups

60-64

DB: M 17.5kg F 10kg

Pull Ups

65+

DB: M 15kg F 8kg

Ring Rows

SOLDIER

35-49

DB: M 17.5kg F 10kg

Ring Rows

50-59

DB: M 15kg F 8kg

Ring Rows

60-64

DB: M 12.5kg F 6kg

Ring Rows

65+

DB: M 10kg F 5kg

Ring Rows

MOVEMENT STANDARDS

DUMBBELL CLEAN & JERK:

The clean and jerk starts with the weight on the floor and finishes with the dumbbells fully locked out overhead with the arms, hips, and legs extended. The dumbbells must pass through the front-rack position before going overhead; snatching is not permitted. A muscle clean, power clean, split clean, or squat clean may be used, as long as the dumbbells come up to the rack position on the shoulders. Once racked, a press, push press, split jerk, or push jerk may be used to lock the dumbbells out overhead.

PULL UPS:

The athlete must start each rep with arms fully extended and feet off the ground. Any style of pull-up or grip is permitted as long as the requirements are met. The rep is credited when the athlete's chin breaks the horizontal plane of the bar.

RING ROWS:

In the ring row, the bottom of the rings needs to be hanging 1m from the floor. Directly under the rings you must measure out 50cm to mark where your heels are to be planted. The athlete begins with their body slightly horizontal to the ground, a full grip on the rings, starting with the arms and legs fully extended. The athlete pulls the elbows back until the rings come in contact with the sides of the chest. Kipping or Strict are permitted.

ROWER:

The monitor must be set to zero calories at the beginning of each row. The athlete or the judge may reset the monitor to zero if they split the row into multiple sets. If working up to a 3-minute mark, credit will be earned for the calories displayed when the clock reaches 3 minutes (There will be no credit for rollover calories after the time cap).

FLOW:

On the count of 3,2,1, GO

The athlete can start the 10 DB clean and jerk. The athlete can power clean or squat clean with the top of the dumbbell clearly touching the floor. 2 heads of the dumbbell to touch the floor is NOT necessary. All jerks must show a full lock out before putting the dumbbell down.

Once all the 10 reps of DB clean & jerks are completed, the athlete can move to the 20 pull ups

The pull ups can be in the form of butterfly, kipping or strict pull ups.

Once the 20 pull ups is completed, the athlete will row to gather as much calories as possible in that remaining time of 3min.

When the 3min is over, the athlete is given a 1min rest before commencing the next round

Each round the athlete must start on the 10 DB clean and jerk and continue the same formation.

All reps contribute to your score, including the dumbbell clean & jerks, Pull-ups and Cal Row.

SCORE (TOTAL REPS) = DB CLEAN & JERKS + PULL UPS + CAL ROW



For Athletes in their Prime

SCORECARD

MLO 23.3

WOD - 3

'BACKBONE'

19MIN CONTINUOUS CLOCK

5 ROUNDS

EVERY 3MINS COMPLETE THE FOLLOWING

10 x2 DUMBBELL CLEAN & JERKS

20 PULL UPS

MAX CAL ROW IN THE REMAINING TIME

1MIN REST BETWEEN ROUNDS

TIEBREAK TIME: COMPLETION OF 1ST ROUND OF 10 DB CLEAN & JERKS AND 20 PULL UPS.

RND 1 3MIN	DB CLEAN & JERK	PULL UPS	TIEBREAK TIME	CAL ROW
	10	20		
1MIN REST				

RND 2 3MIN	DB CLEAN & JERK	PULL UPS	CAL ROW
	10	20	
1MIN REST			

RND 3 3MIN	DB CLEAN & JERK	PULL UPS	CAL ROW
	10	20	
1MIN REST			

RND 4 3MIN	DB CLEAN & JERK	PULL UPS	CAL ROW
	10	20	
1MIN REST			

RND 5 3MIN	DB CLEAN & JERK	PULL UPS	CAL ROW
	10	20	

ATHLETE NAME/TEAM NAME _____

TOTAL REPS _____

35-39 40-44 45-49 50-54 55-59 60-64 65+
HERO WARRIOR SOLDIER

STATE _____

JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT MLO 23.3

SIGNATURE _____

DATE _____

ATHLETE NAME/TEAM NAME _____

TOTAL REPS _____

35-39 40-44 45-49 50-54 55-59 60-64 65+
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