

# EVENT 3



# SATURDAY INDIVIDUAL

CrossFit SEMIFINAL EVENT

## "JIGSAW"

### 2.5 minute to perform

27 chest to bar pull-ups  
27 dumbbell thrusters 22.5/15 kg per hand  
max reps burpee box jump overs 24/20<sup>inch</sup>

### 2 minute to perform

21 chest to bar pull-ups  
21 dumbbell thrusters 22.5/15 kg per hand  
max reps burpee box jump overs 24/20<sup>inch</sup>

### 1.5 minute to perform

15 chest to bar pull-ups  
15 dumbbell thrusters 22.5/15 kg per hand  
max reps burpee box jump overs 24/20<sup>inch</sup>

### 1 minute to perform

9 chest to bar pull-ups  
9 dumbbell thrusters 22.5/15 kg per hand  
max reps burpee box jump overs 24/20<sup>inch</sup>

### 1 min rest between segments

## NOTES

This workout begins with the athlete standing at the starting mat. After the call of "3,2,1 ... go," the athlete will move towards the pull-up bar and perform 27 chest to bar pull-ups. Upon completion the athlete will move to a designated spot in front of the rig and perform 27 dumbbell thrusters. With the remainder of the interval the athlete will do as many burpee box jump overs as possible, moving the box forward each 10 repetitions. At the end of an "interval" the athlete has a 1-minute break in which he or she moves back to the starting mat and waits for the buzzer to go for the next interval. The sequence repeats itself with the length of each interval along with the repetitions of chest to bar pull-ups and dumbbell thrusters decreasing. The athlete's score will be the total number of repetitions completed at the end of the workout.

## VIEWING REMARKS

The plyo box moving through the lane indicates the amount of burpee box jump overs completed by the athlete and therefore provides not only a clear overview for the audience, it also aids in a stressful 1-minute walk back to the start since the athletes have time to check-up on the progression of their competitors.