

# Workout 3: Chip off the Old Block

Division	Deadlift weight M/F	Division	Deadlift weight M/F
Elite	120/80 kg	Advance	100/70 kg
Intermediate	80/55 kg	Master 35-39	100/70 kg
Teen 16-17	100/70 kg	Beginner	60/40 kg
Master 40-44	80/55 kg	Teen 14-15	80/55 kg
Master 45-49	80/55 kg	Masters 60+	60/40 kg
Master 50-54	80/55 kg		

**FOR TIME: 20min**

*Partition as desired*

Reps	Movement	Completed
4km/3km	Assault Bike	
100	Alt Forward lunges	
400/300	DU's/SU's	
50	Deadlifts	

DU = Double unders

SU = Single unders

Time: \_\_\_\_\_

Or CAP: \_\_\_\_\_ reps

Athlete: \_\_\_\_\_

Signature: \_\_\_\_\_

Division: \_\_\_\_\_

Judge: \_\_\_\_\_

Signature: \_\_\_\_\_