



EVENT 3 – MOVE IT, DON'T LOSE IT!

Each of the following AMRAP's will be completed by two team members on each team:

3A) 5min AMRAP Bar Muscle-Ups

3B) 5min AMRAP Assault Bike (Calories)

3C) 5min AMRAP Burpee Over the Bar

The amount of reps/calories completed will be the athlete's score.

3A, 3B and 3C will be scored separately as the combined rep total from the two team members.