

# PAIN TO GAIN

## WORKOUT #3

4/8/19 8 A.M. – 4/15/19 8 A.M.

(PACIFIC STANDARD TIME)

ATHLETE NAME:

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3 ROUNDS FOR TIME

6 DEADLIFTS (365/225)

18 HSPU (36" WIDE, 24" DEEP TAPED BOX ON FLOOR)

54 DOUBLE UNDERS

| ROUND | 6 DL | 18 HSPU | 54 DU |
|-------|------|---------|-------|
| 1     |      |         |       |
| 2     |      |         | **    |
| 3     |      |         |       |

### Equipment

- Barbell (45/35 lb, 20/14 kg)
- Jump Rope
- Bumper Plates (18" diameter) to load appropriate weight
- 36" wide, 24" deep box taped on floor for HSPU

### Notes

At the call of "3-2'1 ... go," the athlete will perform 6 deadlifts. They will then move onto 18 handstand push-ups. Once completed they will move to their jump rope and perform 54 double unders. This is a 3 round workout. Every second counts in this workout. Your score will be the time it takes to complete all 234 repetitions.

\*\*RECORD TIME AFTER 2nd SET OF DOUBLE UNDERS AS THIS WILL BE THE TIEBREAK TIME.

### VIDEO SUBMISSION STANDARDS

Prior to starting, film the barbell, bumper plates, measuring of the handstand push-up box markers, and the jump rope. The athlete, equipment, judge, and timer must all be in the video for the duration of the video. Any editing of the videos will be rejected.

Please be sure you have enough battery life, memory and time to upload your video to YouTube in order to allow a longer video.