



WORKOUT 13.3 17:00 PT Wed, Mar 20 through 17:00 PT Sun, Mar 24

Week 3 presented by  **PROGENEX**

WORKOUT Complete as many rounds and reps as possible in 12 minutes of:

Men <small><i>Includes Masters Men up to 54 years old</i></small>	Women <small><i>Includes Masters Women up to 54 years old</i></small>
150 Wall balls (20 lbs to 10' target) 90 Double-unders 30 Muscle-ups	150 Wall balls (14 lbs to 9' target) 90 Double-unders 30 Muscle-ups
Masters Men <small><i>Includes Masters Men 55+</i></small>	Masters Women <small><i>Includes Masters Women 55+</i></small>
150 Wall balls (20 lbs to 9' target) 90 Double-unders 30 Muscle-ups	150 Wall balls (10 lbs to 9' target) 90 Double-unders 30 Muscle-ups

NOTES

Please be sure to watch the entire [workout instruction video](#) for full details.

This workout begins from the standing position with the medicine ball on the floor and the Athlete standing tall. Using an additional ball, box or other object to check for proper depth is not allowed. If the ball is not caught between reps, it must come to a full stop on the ground. Bouncing the ball off the floor is not permitted.

Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the total number of reps completed.

SPECIAL TIEBREAK

In this workout, we are using a special tiebreak method. At the end of each set of exercises, time should be marked. Specifically, as soon as the 150th Wall ball is complete, time should be marked. As soon as the 90th Double-under is complete, time should be marked. The same at the 30th Muscle-up, if you get there. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at the last fully completed exercise set, whichever that may be.

For example, a male athlete finishes all the reps up to and including 10 Muscle-ups, for a total of 250 reps. This is his score. He also finished the 150th Wall ball at 7:50, and the 90th Double-under at 9:25. In this case he will enter 9:25 as his time in the tiebreak field since this was the time of completion of his final fully completed set. This athlete would be ranked above someone who got 250 reps and a tiebreak time of 10:00, but below someone with 250 reps and a tiebreak time of 9:00.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended that you set your clock to count up.

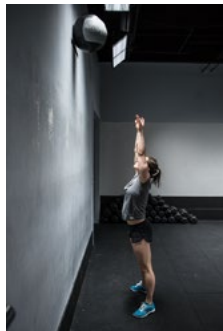
MOVEMENT STANDARDS

WALL BALL



Wall Ball Bottom

In the wall ball, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.



Wall Ball Top

The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a no rep.

DOUBLE-UNDER



This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not just attempts.

MUSCLE-UP



Muscle-up Bottom

In the muscle-up, you must begin with, or pass through, a hang below the rings with arms fully extended (with or without a 'false grip') and the feet off the ground.



Muscle-up Top

The elbows must be fully locked out while supporting yourself above the rings.

Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

EQUIPMENT

To complete this workout you will need:

- A medicine ball of the appropriate weight for your division
- A wall mark or target set at the specified height
- A jump rope
- A set of gymnastic rings hung so you can successfully perform a muscle-up

*The official weight is in pounds. For your convenience, the minimum acceptable medicine ball weights in kilograms are 9 kg for Men and Masters Men, 6.5 kg for Women and 4.5 kg for Masters Women.

VIDEO SUBMISSION STANDARDS

Click [here](#) to see an example of a valid video submission.

Prior to starting the workout, film the measuring of the height of the wall ball target, as well as the weight of the ball. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from the side so it is clear that proper depth and height is being reached on the wall ball and that lockout is shown at the bottom and top of the muscle-up.



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SCORECARD Complete as many rounds and reps as possible in 12 minutes of:
 150 Wall balls
 90 Double-unders
 30 Muscle-ups

Men	20 lbs / 10' target
Women	14 lbs / 9' target
Masters Men	20 lbs / 9' target
Masters Women	10 lbs / 9' target

Round	Wall ball (150)	Double-under (90)	Muscle-up (30)
1	150 <hr/> Time	240 <hr/> Time	270 <hr/> Time
2	420 <hr/> Time	510 <hr/> Time	540 <hr/> Time

Athlete Name _____ (Print) Total Reps _____ Tiebreak Time _____
(Last completed set)

Workout Location _____ Judge _____ Has Judge passed CrossFit's Online Judges Course? Y / N
(Name of Affiliate) (Print)

I confirm the information above accurately represents my performance for Workout 13.3 _____
Affiliate Copy Athlete Signature Date

Athlete Name _____ (Print) Total Reps _____ Tiebreak Time _____
(Last completed set)

Workout Location _____ Judge _____ Has Judge passed CrossFit's Online Judges Course? Y / N
(Name of Affiliate) (Print)

I confirm the information above accurately represents this performance for Workout 13.3 _____
Judge Signature Date