



## WORKOUT 2 - "Partner Chipper"

circle appropriate one:

**Men RX**

**Women RX**

**Men Scaled**

**Women Scaled**

<b>WALL BALLS</b>	REPS:	Time = _____:_____
<b>BURPEES</b>	REPS:	Time = _____:_____
<b>ROW</b>	REPS:	Time = _____:_____

### Description:

As a pair (M/M or F/F) complete, in order:

100 Wall Balls 10'

100 Burpees

100 Calorie Row

Only one partner works at a time (A/B).

You cannot partition.

You can switch at any time, as many times as you like.

**Scoring:** For time

**Movement Standards:**

Wall Ball - Hips must break the plane of the fold of the knee at the bottom, ball must make contact with the 10' target. Rx'd 20/14# ball Scaled 14/10# ball

Burpees - chest must come in contact with the ground at the bottom of the movement and both hands must touch a target 6" from standing upstretched, fully extended hands.

Row - set the rower for calories.

Judge: \_\_\_\_\_ Athlete: \_\_\_\_\_ Athlete Signature: \_\_\_\_\_  
Athlete: \_\_\_\_\_ Athlete Signature: \_\_\_\_\_