









# WORKOUT 12.3 17:00 PT Wed, Mar 7 through 17:00 PT Sun, Mar 11

Week 3 presented by **Altrient™**

**WORKOUT** Complete as many rounds and reps as possible in 18 minutes of:

Men <span style="float: right;"><i>Includes Masters Men up to 54 years old</i></span>	Women <span style="float: right;"><i>Includes Masters Women up to 54 years old</i></span>
15 Box jumps, 24" box 115 pound Push press, 12 reps 9 Toes-to-bar	15 Box jumps, 20" box 75 pound Push press, 12 reps 9 Toes-to-bar
Masters Men <span style="float: right;"><i>Includes Masters Men 55+</i></span>	Masters Women <span style="float: right;"><i>Includes Masters Women 55+</i></span>
15 Box jumps or step-ups, 20" box 95 pound Push press, 12 reps 9 Toes-to-bar	15 Box jumps or step-ups, 20" box 55 pound Push press, 12 reps 9 Toes-to-bar

## MOVEMENT STANDARDS

<p><b>Box jump</b></p>  <p><i>This is a two-foot jump onto the box. The hips and knees must open fully while in control on top of the box.</i></p>  <p><i>You may jump down or step down but you must jump up. Stepping up is only permitted for the two elder Masters categories (55+), not for anyone else.</i></p>	<p><b>Push press</b></p>  <p><i>Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead.</i></p>  <p><i>A shoulder press, push press, push jerk or split jerk may used as long as the elbow, shoulder, hips and knees fully extend, and the bar finishes directly over the heels with the feet together.</i></p> <p><i>Each round the barbell must begin on the ground. Using a rack is not permitted.</i></p>	<p><b>Toes-to-bar</b></p>  <p><i>In the Toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must touch the bar together at some point.</i></p>  <p><i>The arms and hips must be fully extended at the bottom and the feet must be brought back to behind the bar, not out front.</i></p>
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## EQUIPMENT

To complete this workout you will need:

- A box that is the appropriate height for your division
- A barbell that is loaded to the appropriate weight for your division
- A pull-up bar

## VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so that the loads can be clearly seen. All video submissions should be uncut and unedited in order to accurately display the

performance. A second person with a stopwatch will need to be in the frame throughout the entire workout. Shoot the video from the side so that it is clear that the standing position can be seen while on top of the box, the barbell is locked out overhead, and the toes can be seen touching the bar.

## ADDITIONAL NOTES

Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. Credit will be given for partially completed rounds.

\*[http://pd.crossfit.com/games/video/G2012\\_12-3StandsDemoAnnie\\_SD.mov](http://pd.crossfit.com/games/video/G2012_12-3StandsDemoAnnie_SD.mov)



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**SCORECARD**

Complete as many rounds and reps as possible in 18 minutes of:

- 15 Box jumps
- 12 Push press
- 9 Toes-to-bar

Athlete Name \_\_\_\_\_

Judge Name \_\_\_\_\_

<b>ROUND</b>	<b>BOX JUMP (15)</b>	<b>PUSH PRESS (12)</b>	<b>TOES-TO-BAR (9)</b>
Round 1			
Round 2			
Round 3			
Round 4			
Round 5			
Round 6			
Round 7			
Round 8			
Round 9			
Round 10			
Round 11			
Round 12			
Round 13			
Round 14			
Round 15			
Round 16			
Round 17			
Round 18			
Round 19			
Round 20			

**TOTAL COMPLETED ROUNDS**

**ADDITIONAL REPS**

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Box jump      Push press      Toes-to-bar