



Qualifier Workout 3

(Rx Male/Female, Rx Male Master 35,
Rx Male Master 40)

15 MINUTE AMRAP

5 BURPEE MUSCLE UP
25 CALORIE ROW

Rounds	5 BURPEE MUSCLE UP	25 CALORIE ROW	Reps
1			30
2			60
3			90
4			120
5			150
6			180
7			210
8			240
9			270
10			300

SCORE

TOTAL COMPLETED REPETITIONS:

JUDGES MUST VERIFY SCORES AFTER ONLINE SUBMISSION

YOUR JUDGE WILL RECEIVE AN EMAIL TO VALIDATE YOUR SCORE

ATHLETE NAME	ATHLETE SIGNATURE	AFFILIATE
JUDGE NAME	JUDGE EMAIL ADDRESS	AFFILIATE PERFORMED

SUBMIT SCORES AT WWW.COMPETITIONCORNER.NET
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Qualifier Workout 3

(Rx Female Master 35,
Rx Female Master 40)

15 MINUTE AMRAP

3 BURPEE MUSCLE UP
25 CALORIE ROW

Rounds	3 BURPEE MUSCLE UP	25 CALORIE ROW	Reps
1			28
2			56
3			84
4			112
5			140
6			168
7			196
8			224
9			252
10			280

SCORE

TOTAL COMPLETED REPETITIONS:

JUDGES MUST VERIFY SCORES AFTER ONLINE SUBMISSION

YOUR JUDGE WILL RECEIVE AN EMAIL TO VALIDATE YOUR SCORE

ATHLETE NAME	ATHLETE SIGNATURE	AFFILIATE
JUDGE NAME	JUDGE EMAIL ADDRESS	AFFILIATE PERFORMED

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Qualifier Workout 3

(Rx Female Master 50, Scaled Female, Scaled Female Masters 35, Scaled Masters Female 40, Scaled Male Masters 45, Scaled Masters 50)

15 MINUTE AMRAP

5 BURPEE PULL UPS
25 CALORIE ROW

Rounds	5 BURPEE PULL UPS	25 CALORIE ROW	Reps
1			30
2			60
3			90
4			120
5			150
6			180
7			210
8			240
9			270
10			300

SCORE

TOTAL COMPLETED REPETITIONS:

JUDGES MUST VERIFY SCORES AFTER ONLINE SUBMISSION

YOUR JUDGE WILL RECEIVE AN EMAIL TO VALIDATE YOUR SCORE

ATHLETE NAME	ATHLETE SIGNATURE	AFFILIATE
JUDGE NAME	JUDGE EMAIL ADDRESS	AFFILIATE PERFORMED

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Qualifier Workout 3

(Scaled Female Masters 45, Scaled Female Masters 50)

15 MINUTE AMRAP

5 BURPEES + 10 JUMPING PU
25 CALORIE ROW

Rounds	5 BURPEES	10 JUMPING PU	25 CALORIE ROW	Reps
1				40
2				80
3				120
4				160
5				200
6				240
7				280
8				320
9				360
10				400

SCORE

TOTAL COMPLETED REPETITIONS:

JUDGES MUST VERIFY SCORES AFTER ONLINE SUBMISSION

YOUR JUDGE WILL RECEIVE AN EMAIL TO VALIDATE YOUR SCORE

ATHLETE NAME	ATHLETE SIGNATURE	AFFILIATE
JUDGE NAME	JUDGE EMAIL ADDRESS	AFFILIATE PERFORMED

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Qualifier Workout 3

(RX Masters Female 45,
RX Masters Male 45, Rx Master Male 50, Scaled Male,
Scaled Masters 35, Scaled Masters 40)

15 MINUTE AMRAP

5 BURPEE C2B PULL UPS
25 CALORIE ROW

Rounds	5 BURPEE C2B PULL UPS	25 CALORIE ROW	Reps
1			30
2			60
3			90
4			120
5			150
6			180
7			210
8			240
9			270
10			300

SCORE

TOTAL COMPLETED REPETITIONS:

JUDGES MUST VERIFY SCORES AFTER ONLINE SUBMISSION

YOUR JUDGE WILL RECEIVE AN EMAIL TO VALIDATE YOUR SCORE

ATHLETE NAME	ATHLETE SIGNATURE	AFFILIATE
JUDGE NAME	JUDGE EMAIL ADDRESS	AFFILIATE PERFORMED

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