WOD 4 TOYS | WORKOUT 3

SYNCHRO BURPEES & DB LUNGES

ALL 4 ATHLETES	FOR TIME	11-MINUTE CAP

WORKOUT DESCRIPTION

All four teammates work through the listed movements in order for time. This workout features synchronized line burpees and synchronized dumbbell lunges, with back-rack, goblet, and overhead dumbbell lunges. Finish all prescribed work before the 11-minute time cap. Each athlete will use one dumbbell throughout the workout. Dumbbell weights: 50 lb for men / 35 lb for women.

WORKOUT FLOW

1	20 SYNCHRO LINE BURPEES All four athletes complete the synchronized burpees.
2	40 SYNCHRO BACK-RACK DB LUNGES (50/35 LB) All four athletes perform the dumbbell lunges in the back-rack position.
3	20 SYNCHRO LINE BURPEES Return to synchronized line burpees.
4	30 SYNCHRO GOBLET DB LUNGES (50/35 LB) All four athletes perform the dumbbell lunges in the goblet position.
5	20 SYNCHRO LINE BURPEES Return to synchronized line burpees.
6	20 SYNCHRO OVERHEAD DB LUNGES (50/35 LB) Finish with synchronized overhead dumbbell lunges.

MOVEMENT STANDARDS

- One dumbbell per athlete: All four athletes will each have one dumbbell for the workout.
- Dumbbell weight: Men use 50 lb; women use 35 lb.
- Synchro line burpees - chest contact: All four athletes must have their chests in contact with the ground at the same time for the repetition to count.
- Head position: All four athletes must keep their heads behind the line while completing the burpee.
- Crossing the line: Athletes may step or jump over the line. The line crossing does not need to happen at the same time.
- Back-rack dumbbell lunges: Complete the prescribed synchronized lunges with their single dumbbell in the designated back-rack position.
- Goblet dumbbell lunges: Complete the prescribed synchronized lunges with the dumbbell held vertically in the goblet position.
- Overhead dumbbell lunges: Complete the prescribed synchronized lunges with their single dumbbell held overhead.
- No-reps: A repetition that does not meet the announced movement and synchronization standards will not count; repeat that rep.

PENALTIES AND SCALING

- Intentional dumbbell drops: Deliberately dropping a dumbbell at any point when unnecessary results in a 1-minute penalty added to the team's finishing time. Please respect the equipment.
- Scaling: Athletes may scale the prescribed 50/35 lb dumbbell weights. Teams using scaled weights will be ranked behind all teams completing the workout at the prescribed weights, following an Open-style RX-before-scaled scoring approach.

SCORING

Score: Total elapsed time to complete all six sections in order, plus any applicable dumbbell-drop time penalties. Teams using scaled weights rank behind teams who complete the workout at the prescribed weights. Time-capped teams: If the workout is not completed by 11:00, add 1 second for every unfinished repetition to the 11:00 cap. Any applicable intentional dumbbell-drop penalties are added as well. For example, 15 reps remaining = 11:15 before other penalties.

KEY REMINDERS

- All four athletes participate, each with one dumbbell.
- Complete movements in the listed order.
- All four chests must be on the floor at the same time during line burpees.
- All athletes must keep their heads behind the line.
- Athletes may step or jump across the line; crossing need not be simultaneous.
- Men use 50 lb dumbbells; women use 35 lb dumbbells.
- Goblet lunges require a vertical dumbbell.
- Finish with 20 synchronized overhead DB lunges.
- Every unnecessary intentional DB drop adds 1 minute to the team time.
- Scaled weights are permitted, but scaled teams rank behind RX teams.
- Time cap: 11 minutes; each unfinished rep adds 1 second to the capped score.