



# CrossFit Tertiary

## Summer Series

### Test 3B: "Cyclic"

Complete the following for time:

20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1  
Burpees\*

\*400m run after each round

This test has a 60 minute cap.

### Test Flow

The Referee will brief the athletes on safety 30 minutes before the start of the workout. Athletes can ask any questions not covered in this document at that time. The Referee will establish, have the final authority, and ensure all athletes understand any additions to this document.

Before the start of the test, athletes will draw cards to establish their lifting order.

No less than 15 minutes before the start of the test, athletes will be allowed to warm up on their own. Two minutes before the test starts, athletes will take their assigned starting positions around the track.

All athletes will start this test together. At "3-2-1-GO!" the athlete will start with 20 burpees. Once the 20 burpees are completed, the athlete will make one lap around the track, returning to their designated starting position. The athlete will then complete 19 burpees and a 400m run. The athletes will continue in this manner until the designated work is completed or the time cap is met.

Athletes are responsible for tracking their workout. The athlete will have access to chips, white boards, and the score card and paper. Other tracking methods are acceptable but it will be the athlete's responsibility to bring any required tracking device.

The Referee will ensure safety and maintain the flow. Time keeping and making the athletes aware of the elapsed time is the responsibility of The Referee. The Referee may also enforce movement standards if required.

### Scoring

The score for this test will be total time it takes to complete the designated work in minutes and seconds. If the time cap is met, the score will be 60 minutes plus one second for every rep not completed. A 400m run will be counted at 1 second.

### Equipment

Athletes must wear the following exercise attire: top (tee, tank, sweatshirt, and/or sports bra), bottom (Shorts, leggings, tights, and/or sweatpants), and shoes (athletic shoes of any style).

Athletes may use knee and/or elbow sleeves or pads and/or gloves for protection.

Athletes may have a water bottle.

Athletes may use any equipment in the gym during the warmup period. At the end of the warmup period, only the equipment above may be used.

### Spotting and Equipment Limitations

In the event of inclement weather, expect to do the test outside unless athlete safety becomes a concern (muddy field creating slippery conditions, lightning, etc.). If safety becomes a concern, the test will be moved inside the gym. Biking, rowing, and box step-ups will be subbed for running.

### Movement Standards

#### Burpee

This is a standard CrossFit burpee. The burpee starts with the athlete standing tall with ankles, knees, hips, and shoulders aligned. The athlete then proceeds to descend to the ground, touching the chest and thighs at the bottom of the movement. The athlete then returns to the standing position, and jumps to a minimum height of 1mm and touches finger tips above the eye-line.

The athlete may jump or step to the ground and out of the bottom of the burpee.

#### 400m Run

One lap around the track will be considered a 400m run. The run starts and ends at the athletes designated starting position. The athlete must remain on the track for the entire lap.

*Passing note: Runners will run on the inside lane. Passing will be done towards the outside. Athletes will not move towards the outside to allow athletes to pass.*

### Odd Movements and Safety

Remember, this is designed to be a test. Odd movements that may be unsafe or are outside the standards listed above or are not generally accepted within the sport of CrossFit will not be

allowed. If questionable, The Referee will make the final decision with fairness and safety at the top priority.

Due to the nature of this test and the possibility of extreme heat or inclement weather, it is The Referee's responsibility to ensure the safety of every athlete. If extreme distress is observed, The Referee will check the athlete's condition. If The Referee determines that it is unsafe for the athlete to continue, the athlete will be removed from the test.

This is a small, local test. Be safe and have fun!



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### Score Card

Test 3B: "Cyclic"

Complete the following for time:

20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

Burpees\*

\*400m run after each round

This test has a 60 minute cap.

This test can be modified:

**Cups:** As written

*Totals 210 burpees and 5 miles*

**Wands:** Start with 16 burpees.

*Totals 136 burpees and 4 miles*

**Coins:** Start with 12 burpees.

*Totals 78 burpees and 3 miles*

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time Completed: \_\_\_\_\_

-or-

Reps not completed \_\_\_\_\_ x 1 sec + 60:00= \_\_\_\_\_