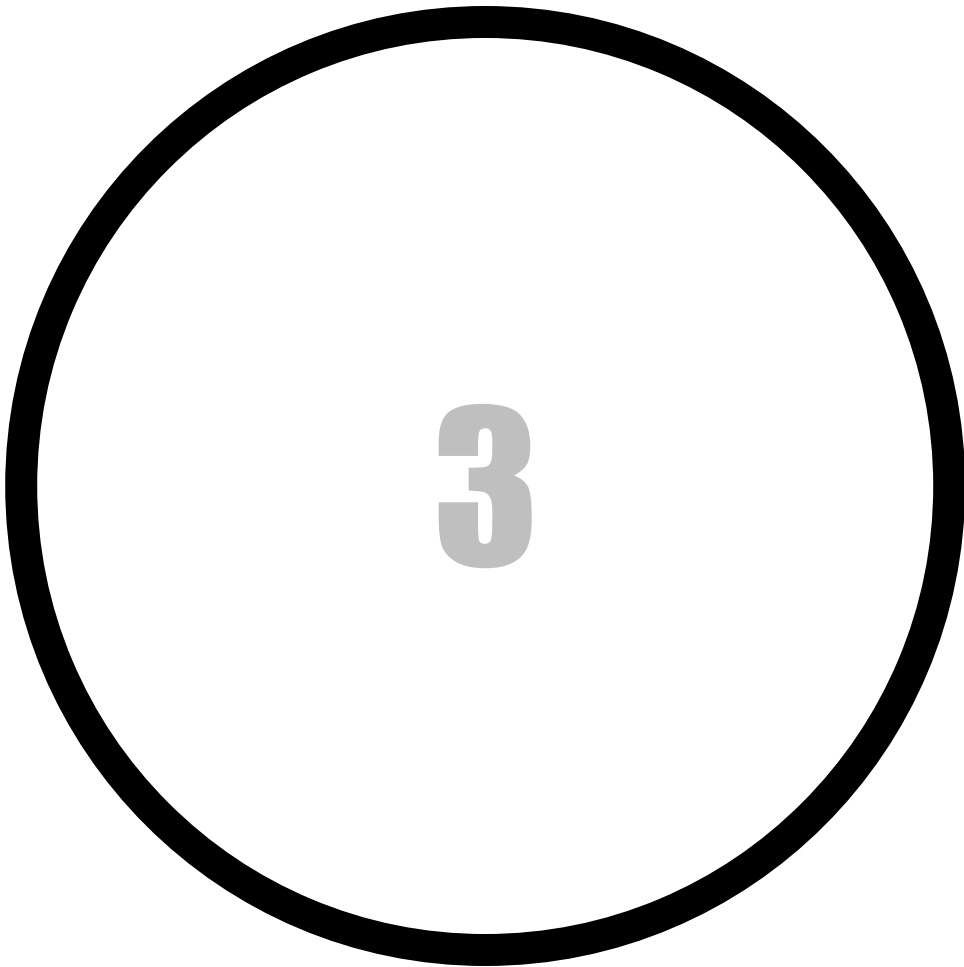


## Workout 3 - Walking Nowhere



2





**WODdoc Tactical Firearms + Fitness Online Competition**

**Workout 3 - Walking Nowhere**

**SCORE CARD**

**Time Cap 12:00 minutes**

**3 RFT**

**20 Alternating DB Lunges (2x50 / 2x35)**

**10 Alternating DB Ground To Overhead (1x50 / 1x35)**

**10 Rifle Sitting**

	<b>Lunges</b>	<b>G2OH</b>	<b>Rifle</b>
<b>Round 1</b>	<input type="text"/> /20	<input type="text"/> /10	<input type="text"/> /10
<b>Round 2</b>	<input type="text"/> /20	<input type="text"/> /10	<input type="text"/> /10
<b>Round 3</b>	<input type="text"/> 20	<input type="text"/> /10	<input type="text"/> /10
<b>TOTALS</b>	<input type="text"/> /60	<input type="text"/> /30	<input type="text"/> /30

**Time to complete workout: \_\_\_\_\_**