INDUSTRIOUS

HALO GAMES

2026

EVENT 3
YOU GO I GO

RX

For time:
5 rounds each partner:
10 Calorie Run
10 Pull ups
10 Shoulder to Overhead (95/65#)

*1 person completes a round while the other rests, then switch.

*14 minute time cap

SCALED

For time:
5 rounds each partner:
10 Calorie Run
10 Ring Rows
10 Shoulder to Overhead (65/55#)

*1 person completes a round while the other rests, then switch.

*14 minute time cap

Workout Notes

- Workout begins 4 minutes after Halo Games Event 2, at the 28:00 mark on the clock
- Workout time cap is at the 42:00 mark on the clock
- Barbell will be loaded and Halo set up during the 4:00 rest after Event 2
- Partner #1 will complete a full round while Partner #2 rests, then switch.
- When Partner #1 completes the final rep of Shoulder to Overhead, they will tag Partner #2 to begin their round.
- Each partner will complete 5 rounds.
- Strict Press, Push Press, or Push jerk are all allowed for Shoulder to Overhead
- Score is time to complete

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MOVEMENT STANDARDS

Calorie Run

- Athlete starts standing on the floor, hand touching the rig
- You can do one push off the rails to begin when stepping onto the runner, but after that hands cannot be touching the rails while accruing calories
- Running, jogging and walking are all allowed
- Stay on the runner until you see 10 calories

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MOVEMENT STANDARDS

Pull Ups (Rx Teams)

- The rep starts hanging from the bar, feet off the ground, arms fully extended
- At the top, the chin must clearly reach above the horizontal plane of the pull up bar
- Any style of grip or pull up is acceptable - strict, kipping, butterfly
- Gymnastics grips are permitted. Taping the bar is permitted.
- Gymnastics grips AND taping the bar is not permitted, choose one or the other.

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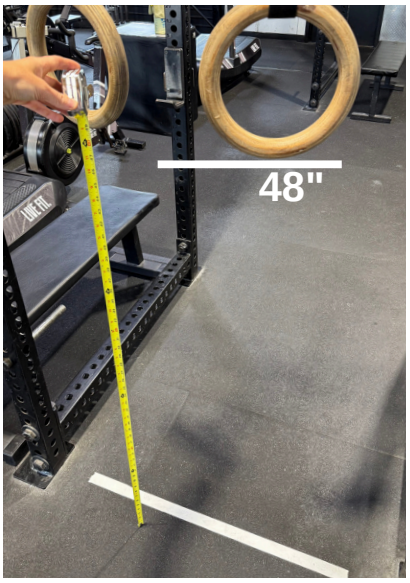
MOVEMENT STANDARDS

Ring Rows (Scaled Teams)



- Bottom edge of the rings must be set to 48" inches above the ground.
- The athlete's heels must remain in front of the tape line. No part of the foot may touch the tape while executing a rep.
- Athletes may not use momentum from the hips to complete the rep.
- The rep is credited when the rings make contact with the body at the top of the rep.

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MOVEMENT STANDARDS

Shoulder to Overhead

- Barbell comes from the floor, not out of the rack
- Bar starts on the shoulders, then gets fully locked out overhead with the arms straight, bar back overhead, and legs fully extended
- Strict press, push press, and push jerk are all permitted
- Barbell cannot be dropped from overhead, must keep hands on the bar down to the waist before dropping to the floor
- After the athlete completes their final rep, they will tag their partner to then begin their round