

THE TRAINING PLAN

WORKOUT ANNOUNCEMENT ANALYSIS

Time breakdown (Based on the announcement show - some times are approximate due to camera angles or lack of workout clock on screen). **The key to Travis's score:**

- **Fast, unbroken double unders**
- **Unbroken ring and bar muscle ups on the first round**

Athlete	Neal	Kyle	Travis	Bethany
Totals				
Reps	720	693	801	693
Work Time	12:17	11:56	11:25	12:00
Transition Time	01:43	02:04	02:35	02:00
Round 1 Split Times				
Double unders 1	00:51	00:50	00:55	00:53
Overhead squats	01:25	01:22	01:32	01:32
Double unders 2	02:22	02:27	02:37	02:36
Ring muscle ups	03:19	03:23	03:25	03:51
Double unders 3	04:37	04:33	04:36	05:01
DB snatches	05:26	05:26	05:35	06:15
Double unders 4	06:49	06:49	06:43	07:18
Bar muscle up	07:47	08:00	07:42	08:31
Round 2 Split Times				
Double unders 5	09:28	09:37	08:55	10:04
Overhead squats 2	10:15	10:52	09:55	11:04
Double unders 6	12:12	12:50	11:08	12:33
Ring muscle ups 2	13:41	Partial	12:33	Partial
Double unders 7	Partial		13:48	
DB snatches 2			Partial	