



WORKOUT FOUR

PRESENTED BY **ROGUE**

FOR TIME

150 WALLBALLS (20/14LB) (10FT/9FT)
75 TOES-TO-BAR

- Perform in any order, until completion of total work
- Can be broken down or performed in any order

TIME CAP / 20 MINUTES

SCORE / TOTAL TIME

ALTERNATE OPTION / ANYONE COMPLETING ALTERNATE VERSION IS NOT ELIGIBLE FOR ANY QUALIFYING DIVISIONS

100 WALLBALLS (14/10LB) (10FT/9FT)
50 WEIGHTED BUTTERFLY SIT-UPS

- Perform in any order, until completion of total work
- Can be broken down or performed in any order

EQUIPMENT /

Medicine Ball (Ab-mat optional for Alternate version), Pull-up Rig

FLOW /

Prior to the start of the clock, the athlete will stage their med ball, target and pull-up bar (or station for Weighted Sit-up.) **We highly recommend utilizing a judge to keep track of your repetitions.** At the start of the ascending clock, the athlete can begin their repetitions. The workout can be performed in any order (chipper style, rounds for time, etc... until completion of the work). The athlete can alternate between wallballs and toes-to-bar at their desire. Once the athlete completes the total required repetitions of one movement, they must complete the rest remaining of the other.

After the athlete completes the required number of both exercises, the athlete's time is noted.

MOVEMENT STANDARDS /

WALLBALL /

For the wallball, the athlete must start with the ball at a dead stop on the ground. The athlete must pick up the ball and stand tall before beginning a set, or squat clean the ball, before beginning their first repetition of any set. An athlete may not start in a squat, pick up the ball from this position, and toss the ball to the target. Each repetition consists of an athlete holding the ball in the “front rack,” and performing a full squat, hip-crease passing below the top of the knee, and when vertically extending throwing the ball to the specific target height. If the athlete’s hip does not break parallel, or the ball does not touch the target, that rep will not be counted.

The athlete may then catch the ball and perform multiple reps if they so choose.

Finally, athletes may not catch the ball on the bounce, and head right into a wall ball repetition. The ball must be settled on the floor before picking it up to begin another set.

TOES-TO-BAR /

The toe-to-bar requires an athlete start each set at a dead hang from a pull-up bar, with shoulders, arms, hips, and legs at full extension. Each repetition consists of an athlete bringing both feet behind the perpendicular vertical plane created by the pull-up bar, and finishes with both feet simultaneously in contact with the pull-up bar, between the athlete’s hands.

WEIGHTED BUTTERFLY SIT-UP /

The weighted butterfly sit-up can be performed with or without an “ab mat”. This means, while seated on the floor, the athlete must keep the soles of their feet in contact throughout the duration of each repetition. At the start of each repetition, the athlete must be lying in a supine position holding the med ball in full extension of the hip.

The med ball must make contact with the floor behind the athlete’s head. This is the beginning of a successful repetition.

The athlete must then “sit-up” move the med ball towards the feet and make contact with the floor in front of their toes.



SCORING /

This workout is scored as the time it takes athletes to finish the prescribed repetitions. If an athlete is unable to complete Workout 4 under the 20 minute time-cap, the athlete must add :01 per remaining repetition to the total time-cap of 20:00. (i.e. if 5 reps remain, :05 + 20:00 = 20:05)

VIDEO SUBMISSION /

Prior to starting, the athlete will state their name, and film the medicine ball to be used so the weight can be seen clearly. Using a tape-measure, the athlete must show to the camera, the height of the desired wall-ball target. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

While video submission is not required until the conclusion of the challenge, we recommend filming all of your completed workouts in preparation for those requested.



WEEK TWO / WORKOUT FOUR

ROGUE

SCORECARD

PRESCRIBED WORKOUT / SCORE SUBMISSION DUE: SEPTEMBER 2ND AT 8PM ET

FOR TIME / 20 MINUTE TIME CAP

**150
WALL
BALLS**

**75
TOES-TO-
BAR**

NOTES

TOTAL TIME

THE ATHLETE MUST ADD :01 PER REMAINING REPETITION TO THE TOTAL TIME-CAP OF 20:00. (I.E. IF 5 REPS REMAIN, :05 + 20:00 = 20:05)

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____



WEEK TWO / WORKOUT FOUR

ROGUE

SCORECARD

ALTERNATE WORKOUT / SCORE SUBMISSION DUE: SEPTEMBER 2ND AT 8PM ET

FOR TIME / 20 MINUTE TIME CAP

**100
WALL
BALLS**

**50
WEIGHTED
BUTTERFLY
SIT-UPS**

NOTES

TOTAL TIME

THE ATHLETE MUST ADD :01 PER REMAINING REPETITION TO THE TOTAL TIME-CAP OF 20:00. (I.E. IF 5 REPS REMAIN, :05 + 20:00 = 20:05)

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____