

WORKOUT FOUR

CATEGORY 4

PRESENTED BY Yerbaé
PLANT-BASED ENERGY

18 MINUTE AMRAP:

+10 CALORIE ROW

+10 WALLBALLS (20, 14LB | 10 FT / 9 FT)

+10 SINGLE DUMBBELL STEP-OVERS (50, 35LB) (24, 20IN)

90 DOUBLE-UNDERS

10/10/10/90, 20/20/20/90, 30/30/30/90, ETC...

TIME CAP /

18 MIN

SCORE /

TOTAL REPS

ELITE/RX, 35-39,
40-44

DBS: 50, 35LB (22.5, 15 KG)
MB: 20, 14LB (9, 6 KG)
BOX: 24, 20IN

45-49, 50-54,
16-18

DBS: 40, 25 LB (18, 11 KG)
MB: 20, 14LB (9, 6 KG)
BOX: 24, 20IN

INTER, 55-59

DBS: 40, 25LB (18, 11 KG)
MB: 20, 14LB (9, 6 KG)
BOX: 24, 20IN
60 DOUBLE-UNDERS

60-64

DBS: 35, 20 LB (15, 9 KG)
MB: 20, 14LB (9, 6 KG)
BOX: 24, 20IN
60 DOUBLE-UNDERS

65+

DBS: 35, 20 LB (15, 9 KG)
MB: 20, 14LB (9, 6 KG)
BOX: 24, 20IN
45 DOUBLE-UNDERS

13-15

DBS: 20, 15 LBS (9, 7.5 KG)
MB: 14, 10LB (6, 4 KG)
BOX: 20IN
60 DOUBLE-UNDERS

MODIFIED:
SCALED, BEGINNER

60 SINGLE-UNDERS

REQUIRED EQUIPMENT /

C2 Rower, Medball, Box, Dumbbell, Jump Rope

SCORING /

Total number of repetitions completed before time expired.

An athlete may choose to perform the “Modified” version of the workout, in which case when submitting their score in Competition Corner they will indicate as such. Please note, any athlete choosing to perform the modified variation will rank lower than any athlete that elects to perform the workout as prescribed.

WORKOUT FLOW /

This workout begins with the athlete seated on the C2 rower, hands off the handle. At the start of the clock, the athlete may grab the handle and begin completing 10 calories on the rower. At the completion of the calories, the athlete will then move to the medball to perform 10 wallball shots. When the athlete completes the wallball shots, he or she will move to the dumbbell and box to complete 10 single dumbbell step overs. The athlete then will finalize the set with the prescribed jump rope work.

After the completion of the jump rope work, the athlete must increase the first 3 movements by 10 repetitions, and continue increasing by 10 after the double unders until the time expires. The jump rope work remains at the prescribed repetitions each round.

The athlete will then repeat this flow for as many reps and rounds as possible for 18 minutes.

Athletes may have someone reset their rower to 0 between rounds. Any contact with the other equipment in this workout is only allowed by the athlete.

MOVEMENT STANDARDS /

Row

The monitor on the rower must be set to zero at the beginning of each row. Athletes must remain on the rower until the display reads the work required. The athlete may coast over the required work, but cannot make an attempt to get off the rower (e.g., unstrapping early or standing up) until they are past the required work. The athlete may adjust the damper setting and foot positions at any time during the row. The monitor must be clearly in view to reflect zero at the start of each row, as well as reflecting the fully completed work each round.

MOVEMENT STANDARDS (CONT.) /

Wallball

In the wall ball, the medicine ball must be taken from the bottom of a squat, hip crease passing clearly below the knee, and thrown to hit the specified target. The center of the ball must make contact with the target at or above the specified target height. If the ball hits below or does not hit the target it is a no rep. If the ball hits the ground it must come to a rest before initiating the next rep. Taking the ball from the rebound into the next rep is a no rep.

Single Dumbbell Step Over

The dumbbell may be held in any manner but must remain in control by the athlete until the rep is credited. Using only the feet, the athlete will step onto and over the box. Using the free hand to assist in support off of the knee or the box is not allowed. Full extension at the top of the box is not required. Both feet do not have to make contact with the top of the box as long as the trailing leg goes over, not around, the top of the box. Swinging the opposite leg around the side is not allowed. The rep is counted once both feet have hit the ground on the opposite side with the dumbbell still in control.

Double Unders

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not just attempts.

Single Unders

This is the standard single jump rope in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not just attempts.

FILMING RECOMMENDATIONS /

- Film the dumbbell and medball so each weight can be seen clearly
- Film the wall ball height, as well as the height of the box with a tape measure.
- For the rower, the camera must be at angle, or actively managed by someone filming the athlete, so the rower screen is clearly viewable at beginning and end of each calorie row.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge or a clock/timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Full Requirements and Guidelines for video submission can be found [HERE](#)

ELITE/RX, 35-39, 40-44, 45-49, 50-54, 16-18

18 MINUTE AMRAP

REPS	CAL ROW	WALLBALL	SINGLE DB STEP OVER	90 DOUBLE UNDERS
10	10	20	30	120
20	140	160	180	270
30	300	330	360	450
40	490	530	570	660
50	710	760	810	900

TOTAL REPS

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

INTERMEDIATE, 55-59, 60-64, 13-15, SCALED, BEGINNER

18 MINUTE AMRAP

REPS	CAL ROW	WALLBALL	SINGLE DB STEP OVER	60 DOUBLE UNDERS/ SINGLE UNDERS
10	10	20	30	90
20	110	130	150	210
30	240	270	300	360
40	400	440	480	540
50	590	640	690	750

TOTAL REPS

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

65+

18 MINUTE AMRAP

REPS	CAL ROW	WALLBALL	SINGLE DB STEP OVER	45 DOUBLE UNDERS
10	10	20	30	75
20	95	115	135	180
30	210	240	270	315
40	355	395	435	480
50	530	580	630	675

TOTAL REPS

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____