

WORKOUT FOUR

CATEGORY 4

PRESENTED BY  Yerbae
PLANT-BASED ENERGY

UPPER IMPAIRMENT

18 MIN AMRAP

10 CAL ROW (SHORT STATURE 7/5 CAL)
10 WALL BALLS (25, 14LBS)
10 SINGLE DB BURPEE DL (50,35LBS)
(SHORT STATURE 35/20)
50 DOUBLE-UNDERS

START WITH 10 REPS, AND INCREASE BY 10 EACH ROUND ON EVERY MOVEMENT BUT THE DOUBLE-UNDERS.

*ABOVE ELBOW GET 14/10LBS BALL
(SHORT STATURE 14/10 @ 7/6FT)

NEUROMUSCULAR

18 MIN AMRAP

10 CAL ROW
10 WALL BALLS (14/10LBS)
10 SINGLE DB BURPEE DL (35, 20LBS)
50 DOUBLE-UNDERS

START WITH 10 REPS, AND INCREASE BY 10 EACH ROUND ON EVERY MOVEMENT BUT THE DOUBLE/SINGLE-UNDERS.

*MAJOR NEURO 25, 15LBS & SINGLE UNDERS
*MAJOR NEURO USE 10/6LBS MED BALL
@ 8/7 FT TARGET

LOWER IMPAIRMENT

18 MIN AMRAP

10 CAL ROW
10 WALL BALLS (25, 14LBS)
10 SINGLE DB BURPEE DL (50,35LBS)
50 DOUBLE-UNDERS

START WITH 10 REPS, AND INCREASE BY 10 EACH ROUND ON EVERY MOVEMENT BUT THE DOUBLE/SINGLE-UNDERS.

*ABOVE KNEE GET 14/10LBS AND SINGLE UNDERS

SEATED

18 MIN AMRAP

5 CAL ROW
5 WALL BALLS (14/10LBS TO 9/7FT)
5 SLAM BALL (14/10LBS)
90 SPLIT ROPES

START WITH 5 REPS, AND INCREASE BY 5 EACH ROUND ON EVERY MOVEMENT BUT THE SPLIT ROPE.

UPPER IMPAIRMENT SCALED

18 MIN AMRAP

10 CAL ROW
10 WALL BALLS (14,10LBS)
10 SINGLE DB BURPEE DL (25, 15LBS)
50 SINGLE-UNDERS

START WITH 10 REPS, AND INCREASE BY 10 EACH ROUND ON EVERY MOVEMENT BUT THE SINGLE-UNDERS

*ABOVE ELBOW USE 10, 6LBS MED BALL (SHORT STATURE @ 7/6FT)

LOWER IMPAIRMENT SCALED

18 MIN AMRAP

10 CAL ROW
10 WALL BALLS (14,10LBS)
10 SINGLE DB BURPEE DL(25,15LBS)
50 SINGLE-UNDERS

START WITH 10 REPS, AND INCREASE BY 10 EACH ROUND ON EVERY MOVEMENT BUT THE SINGLE UNDERS.

*BELOW KNEE USE 10, 6LBS MED BALL

NEUROMUSCULAR SCALED

18 MIN AMRAP

10 CAL ROW
10 WALL BALLS (25, 15LBS)
10 SINGLE DB BURPEE DL (20, 10LBS)
50 SINGLE-UNDERS

START WITH 10 REPS, AND INCREASE BY 10 EACH ROUND ON EVERY MOVEMENT BUT THE SINGLE-UNDERS.

*MAJOR NEURO USE 10, 6LBS MED BALL @ 8/7 FT TARGET

SEATED SCALED

18 MIN AMRAP

5 CAL ROW
5 WALL BALLS (14/10LBS TO 7/5FT)
5 SLAM BALL (14, 10LBS)
90 SPLIT ROPES

START WITH 5 REPS, AND INCREASE BY 5 EACH ROUND ON EVERY MOVEMENT BUT THE SPLIT ROPES

UPPER RX

DBS: 50, 35LB
 MB: 20, 14LB
 (AE MB: 14, 10 LB)

LOWER RX

DBS: 50, 35LB
 MB: 20, 14LB
 (AK MB: 14, 10 LB)

NEUROMUSCULAR RX

DBS: 35, 20 LB
 MB: 14, 10LB
 (MAJOR MB: 10/6LBS
 @ 8/7 FT TARGET/
 SINGLE UNDERS)

SEATED RX

MB: 14/10LB @ 9/7FT
 90 SPLIT ROPES

UPPER SCALED

DBS: 25/15LB
 MB: 14, 10LB
 (AE MB: 14, 10 LB)

LOWER SCALED

DBS: 25/15LB
 MB: 14, 10LB
 (AK MB: 14, 10 LB)

NEUROMUSCULAR SCALED

DBS: 20, 10 LB
 MB: 14, 10LB
 (MAJOR MB: 10/6LBS
 @ 8/7 FT TARGET/
 SINGLE UNDERS)

SEATED SCALED

MB: 14/10LB @ 7/5 FT
 90 SPLIT ROPES

SHORT STATURE

DBS: 35/50LB
 MB: 14, 10 LB @ 7/6FT
 TARGET

REQUIRED EQUIPMENT /

C2 Rower, Medball, Dumbbell, Jump Rope, Split/Multi ropes

SCORING /

Total number of repetitions completed before time expired.

WORKOUT FLOW /

This workout begins with the athlete seated on (infront seated) the C2 rower, hands off the handle. At the start of the clock, the athlete may grab the handle and begin completing prescribed calories on the rower. At the completion of the calories, the athlete will then move to the medball to perform prescribed repetitions of wallball shots. When the athlete completes the wallball shots, They will move to the dumbbell and box to complete 10 single dumbbell burpees .Seated athletes will complete 5 slam

WORKOUT FLOW (CONT.) /

balls. The athlete then will finalize the set with 50/90 repetitions of the prescribed jump rope/Split rope work.

After the completion of the jump/split rope work, the athlete must increase the first 3 movements by prescribed repetitions, and continue increasing by prescribed reps after the Jump/split rope until the time expires. The jump/split rope work remains at 50/90 repetitions each round.

The workout ends when the 18 minute mark expires.

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

MOVEMENT STANDARDS (CONT.) /

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.

Seated Row

- The monitor on the rower must be set to zero calories at the START of each row. Athletes may receive assistance in resetting the monitor to zero if they split the row into multiple sets.
- Feet May not be strapped into the rower and athletes may sit in chairs or box but not on the ground for this workout.
- When exiting the rower, credit will be earned for the calories displayed at the time the handle is released.

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.

MOVEMENT STANDARDS (CONT.) /

Neuromuscular and Lower Athletes AK may Squat to a box set below parallel.

Seated Wallball

Wall Ball starts in front of the athlete on the floor in a seated position. If an athlete needs to sit on a box instead of a chair. The Maximum height of the box is 20 inches and must be shown in video.

Athletes will throw the ball with 2 limbs up to the target line on the wall. The rep is credited when the center of the ball hits the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a “no rep.” If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

Single Dumbbell Burpee

Each DB burpee must be performed with the chest and thighs touching the ground at the bottom. Hand on the dumbbell.

- The top of the Db burpee the athlete must extend hips open with shoulders above the hips and Db locked out in front or side of the body.
- The lower and neuro athletes can alternate hands before the athlete returns to the floor for the next repetition.

Seated Slamball

Athletes will start facing the ball, Athletes will pick the ball up off the floor for initial rep. Athletes may lift the ball to lap to overhead or directly from floor to overhead.

- The top of the rep the athlete must have a ball, locked out over head shoulders over hips sitting tall.
- Locked out will consist of the elbows straight and ball directly over the midline.
- If the ball is out front or shoulders are not over hip the rep will be considered no good.
- At the bottom of the rep the athlete MAY slam the ball and catch off the bounce and start the next rep from the catch.

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. Mono Ropes are allowed

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. Mono Ropes are allowed

MOVEMENT STANDARDS (CONT.) /

Split/multi Ropes

Each rotation is worth a rep, ropes must make contact with ground at the bottom of the swing and must swing in a synchronized pattern together. One rope swinging opposite of the swing will be considered no rep.

FILMING RECOMMENDATIONS /

- Film the dumbbell and medball so each weight can be seen clearly
- Film the wall ball height, 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 and a clock or 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](#)

UPPER IMPAIRMENT, LOWER IMPAIRMENT & NEUROMUSCULAR

18 MINUTE AMRAP

REPS	CAL ROW	WALLBALL	SINGLE DB BURPEE	50 DOUBLE UNDER/ SINGLE UNDER
10	10	20	30	80
20	100	120	140	190
30	220	250	280	330
40	370	410	450	500
50	550	600	650	700
60	760	820	880	930

TOTAL REPS

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SEATED

18 MINUTE AMRAP

REPS	CAL ROW	WALLBALL	SLAM BALL	90 SPLIT ROPE
5	5	10	15	105
10	115	125	130	225
15	250	265	280	370
20	390	410	430	520
25	545	570	595	685
30	715	745	775	856

TOTAL REPS

ATHLETE NAME

SIGNATURE

JUDGE NAME
