



WORKOUTS FOUR & FIVE *SCORECARD*

SCORES DUE MONDAY SEPTEMBER 26TH, 2022 AT 8:00PM ET VIA COMPETITION CORNER



WORKOUTS **FOUR & FIVE**

PRESENTED BY



SEATED 1 (WITHOUT HIP FUNCTION)

FOR TIME

650/400M ROW *(WOD 4 SCORE)*

INTO...

20 DB SWING PRESS

3 FLOOR TO BOX TRANSFER

40 BOX U-TURN

3 FLOOR TO BOX TRANSFER

80 WALL BALL

3 FLOOR TO BOX TRANSFER

40 BOX U-TURN

3 FLOOR TO BOX TRANSFER

20 DB SWING PRESS

TIEBREAK TIME: ROW TIME

SEATED 2 (WITH HIP FUNCTION)

FOR TIME

750/500M ROW *(WOD 4 SCORE)*

INTO...

20 DB SWING PRESS

3 FLOOR TO BOX TRANSFER

40 BOX U-TURN

3 FLOOR TO BOX TRANSFER

80 WALL BALL

3 FLOOR TO BOX TRANSFER

40 BOX U-TURN

3 FLOOR TO BOX TRANSFER

20 DB SWING PRESS

TIEBREAK TIME: ROW TIME

SEATED QUAD

FOR TIME

550/300M ROW (WOD 4 SCORE)

INTO...

20 DB SWING PRESS

3 CHAIR TO BOX TRANSFER

40 BOX U-TURN

3 CHAIR TO BOX TRANSFER

80 WALL BALL

3 FLOOR TO BOX TRANSFER

40 BOX U-TURN

3 CHAIR TO BOX TRANSFER

20 DB SWING PRESS

TIEBREAK TIME: ROW TIME

SEATED SCALED

FOR TIME

400M ROW (WOD 4 SCORE)

INTO...

20 DB SWING PRESS

3 CHAIR TO BOX TRANSFER

40 BOX U-TURN

3 CHAIR TO BOX TRANSFER

80 WALL BALL

3 FLOOR TO BOX TRANSFER

40 BOX U-TURN

3 CHAIR TO BOX TRANSFER

20 DB SWING PRESS

TIEBREAK TIME: ROW TIME

SEATED 1 (WITHOUT HIP)

25, 15LB DB
20" CHAIR TO BOX TRANSFERS
14, 10LB WALLBALL AT 8,6FT TARGET

SEATED 2 (WITH HIP)

35, 20LB DB
20" CHAIR TO BOX TRANSFERS
14, 10LB WALLBALL AT 9,7FT TARGET

SEATED QUAD

15, 5LB DB
20" CHAIR TO BOX TRANSFERS
10, 6LB WALLBALL AT 6,5FT TARGET

SCALED SEATED

15, 5LB DB
20" CHAIR TO BOX TRANSFERS
10, 6LB WALLBALL AT 6,5FT TARGET

REQUIRED EQUIPMENT /

- Concept 2 Rower
- Dumbbell(s) of appropriate weight for the athlete's division
- Tape to mark the floor for the wall walks
- Box of appropriate height for the athlete's division. The top of the box must be at least 20 inches wide on one side.
- Medicine ball of appropriate weight for your division*
- A height mark/target for the wall ball shots according to their division

FLOW /

This event is for time and begins with the athlete seated in a chair and feet NOT strapped into the rower. At the call of 3,2,1, GO athletes will perform a meter row distances identified according to classification.

At the completion of the row, athletes will record their time and this will be workout 4 score of this workout.

At the completion of the row, athletes will perform 20 swing & Press at weight according to classification.

At the completion of 20 repetitions, athletes will perform the second movement identified in their classification at the identified repetition scheme.

At the completion of movement 2 athletes will perform 40 repetitions of the movement identified for their classification.

At the completion of movement 3, athletes will perform another set of 3 of movement 2 at the identified according to their classification.

At the completion of the repeat of movement 2, athletes will perform wall ball tosses at the identified repetitions for their classification to a target at their identified height.

At the completion of the wall balls, athletes will perform another set of 3 repetitions of movement 2.

At the completion of the 3rd repeat of movement 2, athletes will perform another set of movement 3, which will be 40 repetitions of the movement identified for their classification.

At the completion of the repeat of movement 3, athletes will perform another set of movement 2 at the identified repetitions according to classification.

FLOW /

At the completion of the 3rd repeat movement 2, athletes will perform a final set of Swing & Press at the identified repetitions for their classification.

At the completion of those repetitions, time will be recorded and this will be workout 5 score.

SCORING /

This is two separately scored events. Score 1 is the time on the clock at the completion of the row. Score 2 will be at the completion of the entire workout, inclusive of the row. If the athlete does not complete the allotted work beneath the cap, it will be scored as the time-cap, plus :01 for every incomplete repetition (i.e. 5 reps short = 22:05)

MOVEMENT STANDARDS /

ROW

During set up of Concept 2 Rower: Athlete must remove the seat rower arm. All rows must be completed from a seated position. Meters must be completed as identified before moving on to the second part of the workout. Legs cannot be used during row at any time. Athletes MAY NOT strap feet into the rower.

SWING & PRESS

Each set of dumbbell swing and press begins with dumbbells on the ground.

- Hold the dumbbells in the hang position during the start.
- Dumbbells move from behind the hips to full lockout overhead.
- A full swing into the press is a must, when the dumbbells can be taken from the floor as long as they start from behind the hips.
- The Dumbbell must clearly pass behind the hips in the start of each swing, they cannot pause or stop at the shoulder
 - The rep is credited when:
 - the dumbbells are locked out overhead, with the shoulders over the hips, and arms fully extended.
 - both dumbbells are directly over or slightly behind the middle of the body.
- Continue pressing the weight up until lockout.
- Athletes may not receive any assistance moving the dumbbells.

MOVEMENT STANDARDS (CONT.) /

BOX U-TURNS

- Must use a 20 inch width space
- If a “no rep” is received for any reason, the entire rep must be repeated.
- Must measure and clearly show on video for width of the U-Turn space

Athletes will start with a 20" width space clearly marked on the floor with cones or boxes. Each rep will start with the rear axles of the wheelchair past the front of the markers. The athlete will then pull backwards, spin away from the cone or box passing the rear axles past the front of the opposite side marker. The rep will count when the rear axle passes clear the front of the marker.

CHAIR TO BOX TRANSFERS: QUAD

Athletes will start each rep from the chair with a box or similar set up beside them at a parallel height. Once seated the athlete starts Chair to box transfer. The athlete must move the buttox from Chair to box without standing, facing the box in a kneeling position or using legs to push up. Once on the top of the box with shoulders over hips, athletes must then sit tall and clap both hands in front of the body before returning to the floor to start the next rep. Athletes may have a spotter for support during the movement but the spotter can not move the athlete other than to brace them.

FLOOR TO BOX TRANSFER

Athletes will start each rep from the floor. Once seated the athlete starts floor to box transfer. The athlete must move the buttox from floor to box without standing, facing the box in a kneeling position or using legs to push up. Once on the top of the box with shoulders over hips, athletes must then sit tall and clap both hands in front of the body before returning to the floor to start the next rep.

WALL BALL

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.

MOVEMENT STANDARDS (CONT.) /

FLOOR TO BOX TRANSFER

A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width. At the bottom, the chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground. Final rep each round the chest must return to the floor before advancing the next rep.

VIDEO STANDARDS /

- Film ALL introductions of name, division and workouts so the athlete can be seen and heard clearly.
- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Film ALL equipment so the loads and/or heights can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- 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.
- Do NOT use a countdown timer.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of video.



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SEATED 1

650/400M ROW

WOD 4 SCORE

20 DB SWING PRESS

20	
----	--

3 FLOOR TO BOX TRANSFER

23	
----	--

40 BOX U-TURN

63	
----	--

3 FLOOR TO BOX TRANSFER

66	
----	--

80 WALL BALL

146	
-----	--

3 FLOOR TO BOX TRANSFER

149	
-----	--

40 BOX U-TURN

189	
-----	--

3 FLOOR TO BOX TRANSFER

192	
-----	--

20 DB SWING PRESS

212	
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WOD 5 SCORE

INCLUDES 1000M ROW TIME

ATHLETE NAME

SIGNATURE

JUDGE NAME



WORKOUTS FOUR & FIVE SCORECARD

SCORES DUE MONDAY SEPTEMBER 26TH, 2022 AT 8:00PM ET VIA COMPETITION CORNER



SEATED 2

750/500M ROW

WOD 4 SCORE

20 DB SWING PRESS

20	
----	--

3 FLOOR TO BOX TRANSFER

23	
----	--

40 BOX U-TURN

63	
----	--

3 FLOOR TO BOX TRANSFER

66	
----	--

80 WALL BALL

146	
-----	--

3 FLOOR TO BOX TRANSFER

149	
-----	--

40 BOX U-TURN

189	
-----	--

3 FLOOR TO BOX TRANSFER

192	
-----	--

20 DB SWING PRESS

212	
-----	--

WOD 5 SCORE

INCLUDES 1000M ROW TIME

ATHLETE NAME

SIGNATURE

JUDGE NAME



WORKOUTS FOUR & FIVE SCORECARD

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SEATED QUAD

550/300M ROW

WOD 4 SCORE

20 DB SWING PRESS

20	
----	--

3 CHAIR TO BOX TRANSFER

23	
----	--

40 BOX U-TURN

63	
----	--

3 CHAIR TO BOX TRANSFER

66	
----	--

80 WALL BALL

146	
-----	--

3 FLOOR TO BOX TRANSFER

149	
-----	--

40 BOX U-TURN

189	
-----	--

3 CHAIR TO BOX TRANSFER

192	
-----	--

20 DB SWING PRESS

212	
-----	--

WOD 5 SCORE

INCLUDES 1000M ROW TIME

ATHLETE NAME

SIGNATURE

JUDGE NAME



WORKOUTS FOUR & FIVE SCORECARD

SCORES DUE MONDAY SEPTEMBER 26TH, 2022 AT 8:00PM ET VIA COMPETITION CORNER



SCALED

400M ROW

WOD 4 SCORE

20 DB SWING PRESS

20	
----	--

3 CHAIR TO BOX TRANSFER

23	
----	--

40 BOX U-TURN

63	
----	--

3 CHAIR TO BOX TRANSFER

66	
----	--

80 WALL BALL

146	
-----	--

3 FLOOR TO BOX TRANSFER

149	
-----	--

40 BOX U-TURN

189	
-----	--

3 CHAIR TO BOX TRANSFER

192	
-----	--

20 DB SWING PRESS

212	
-----	--

WOD 5 SCORE

INCLUDES 1000M ROW TIME

ATHLETE NAME

SIGNATURE

JUDGE NAME
