



WORKOUT FOUR SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

WORKOUT FOUR

PRESENTED BY Dymatize

FOR TIME

BREAK IT UP HOWEVER YOU WANT.

45 DEADLIFTS (225, 155LB)
45 HSPU

TIME CAP /

7 Minutes

SCORE /

Total Time

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

BREAK IT UP HOWEVER YOU WANT.

45 DEADLIFTS (225, 155LB)
45 HSPU

MODIFIED

BREAK IT UP HOWEVER YOU WANT.

45 DEADLIFTS (135, 95LB)
45 HAND-RELEASE PUSH-UPS

13-15

BREAK IT UP HOWEVER YOU WANT.

45 DEADLIFTS (135, 95LB)
45 HSPU

55-59

BREAK IT UP HOWEVER YOU WANT.

45 DEADLIFTS (185, 125LB)
15 WALL WALKS

60+

BREAK IT UP HOWEVER YOU WANT.

45 DEADLIFTS (165, 115LB)
15 WALL WALKS



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SCORING

The score for this workout is the time it takes to complete or the total reps completed within the time cap.

TIEBREAK: None

FLOW

This workout starts with the athlete standing tall. At the start of the clock, the athlete will perform a total of 45 deadlifts and 45 handstand push-ups, broken up however they want, athletes may start with deadlifts or handstand push ups.

This implies the athlete may complete the required repetitions in any rep increments that they choose, here are some examples:

- 3 sets of 15 deadlifts and 3 sets of 15 handstand pushups.
- 10 reps of handstand push ups followed by 10 reps of deadlifts, then 35 reps of handstand push ups followed by 35 reps of deadlifts.

Modified division will perform 45 hand release push-ups instead of handstand push-ups.

Masters 55-59 & 60+ will perform 15 wall walks instead of handstand push-ups.

REQUIRED EQUIPMENT

Men are required to use a standard 45-lb (20kg) barbell. Women are required to use a standard 35-lb (15kg) barbell. Tape to mark the floor, Barbell, plates, and collars*

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlifts;

**95lb - 43kg / 105lb - 47kg / 125lb - 56kg / 135lb - 61kg / 145lb - 65kg / 155lb - 70kg
175lb - 80kg / 185lb - 83kg / 195lb - 88kg / 205lb - 93kg / 225lb - 102kg**

Be sure the athlete has adequate space to safely complete all movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

MOVEMENT STANDARDS



DEADLIFTS

- Athletes must have collars on the outsides of the plates.
- The barbell starts on the ground. Collars must be placed outside the plates.
- The athlete's hands must be outside the knees. Sumo deadlifts are not allowed.
- Deliberately bouncing the bar is not allowed.
- The rep is credited when:
 - the athlete's hips and knees reach full extension,
 - and the athlete's head and shoulders are behind the bar.
- Receiving any assistance with the barbell is not permitted unless safety is an immediate concern.
- Athletes may NOT wear gymnastics grips or straps during this workout.



HAND STAND PUSH-UP

- The inside of the box for the handstand push-up must measure 40 in (102 cm) wide and 24 in (60 cm) deep.
- The box must be on the same surface as the hands (i.e., if using an elevated platform, the tape must be on the platform, not on the floor beneath).
- The arms must be fully extended and in line with the body before the athlete can descend.
- Each rep begins and ends with the athlete in the lockout position with the heels against the wall, arms fully extended, and shoulders in line with the body.
- The feet must stay within the designated measured box at the start

(top) and finish (top) of the handstand pushup. The legs coming outside of the box in the bottom or during the kip is ok.

- The hands must remain inside the designated box.
- If any part of the hand, including any part of the fingers, touches the tape line at any time, the repetition will not count. The athlete will need to start again from the lockout position.
- At the bottom, the head must make contact with the ground.
- During any kipping, if the head and hands are on different surfaces, the surfaces must be level (i.e., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).
- The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.
- Kipping IS ALLOWED
- Each rep is credited when the athlete returns to the lockout position with the heels on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.

MOVEMENT STANDARDS (CONT.)**HAND RELEASE PUSH-UP**

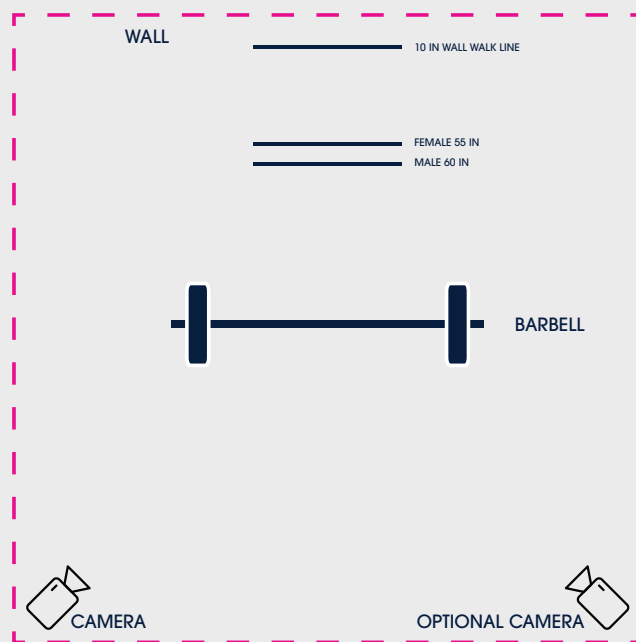
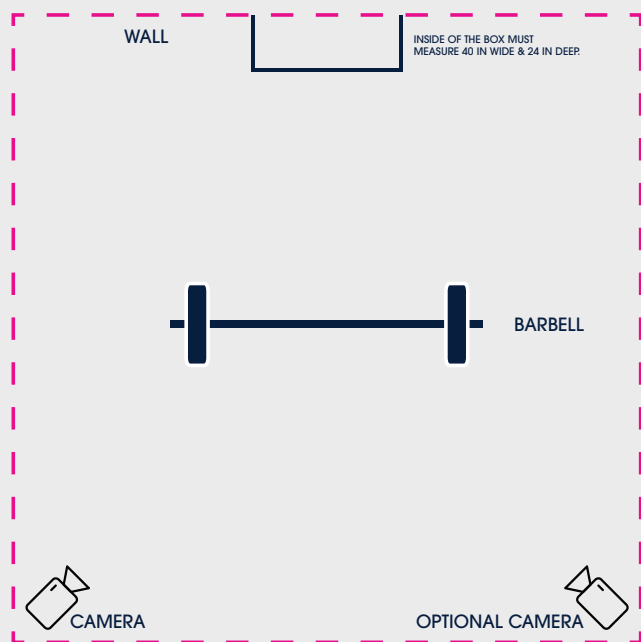
- Modified division will perform 45 hand release push-ups instead of handstand push-ups.
- The rep begins with the athlete in a lockout position where the elbows are locked out and the body is in a straight, plank position.
- Elbows must be locked out with the feet no wider than shoulder width.
- A straight body position must be maintained throughout the push-up.
- No snaking, sagging, or pushing up from the knees.
- The chest (nipple line or above) must touch the floor.
- Then, the hands must be lifted completely off the ground.
- Each rep is credited when the athlete returns to the lockout position where the elbows are locked out and the body is in a straight, plank position.

WALL WALKS

- Masters 55-59 & 60+ will perform 15 wall walks instead of handstand push-ups.
- Mark a tape line to designate the start/finish line.
- Measure from the wall to the edge of the tape that is CLOSEST to the wall.
 - For women, the distance from the wall to the tape is 55 inches.
 - For men, the distance is 60 inches.
- This first line will be the start and finish line for each repetition.
- Tape a second line that leaves 10 inches of space between the tape's far edge and the wall.
- The tape line placed 10 inches from the wall must be 30 inches in length and NO WIDER than 2 Inches.
- Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground.
- At the start and finish of each rep, both hands must touch the first tape line (fingers touching is OK). Both hands must remain on the tape until both feet are on the wall.
- At the top of the movement, both hands must touch the tape line at the 10-inch mark before the athlete may descend.
- Any part of the hand may touch the tape line.
- On the descent, the feet must remain on the wall until both hands are touching the first line.
- The rep is credited when the athlete returns to the starting position, with both hands touching the first line and the chest, thighs, and feet touching the ground.
- Any part of the hand may make contact with the tape line.

FILMING RECOMMENDATIONS

- 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 is recommended to be visible throughout the entire 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.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of video.





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

45 DEADLIFTS (225/155LB)	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40
	41	42	43	44	45					

45 HSPU	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40
	41	42	43	44	45					

TIME COMPLETED

IF TIME CAPPED,
TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____





WORKOUT FOUR SCORECARD



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MODIFIED

45 DEADLIFTS (135/95LB)	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40
	41	42	43	44	45					

45 HAND RELEASE PUSH-UPS	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40
	41	42	43	44	45					

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WORKOUT FOUR SCORECARD



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13-15

45 DEADLIFTS (135/95LB)	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40
	41	42	43	44	45					

45 HSPU	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40
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WORKOUT FOUR SCORECARD



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55-59

45 DEADLIFTS (185/125LB)	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40
	41	42	43	44	45					

15 WALL WALKS	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15					

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SIGNATURE _____

JUDGE NAME _____





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SCORES DUE SEPTEMBER 25TH @ 8PM ET

60+

45 DEADLIFTS (165/115LB)	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40
	41	42	43	44	45					

15 WALL WALKS	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15					

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SUBMISSION CHECKLIST

- Is your score correctly inputted in Competition Corner and did you submit it before the deadline of Monday, September 25 @ 8 p.m. ET?
- Is your video playable, publicly viewable and free of copyright issues?
- Did you show or state your name, division and workout being performed, for this workout?
- Is a clock in the frame or on the recording app **CLEARLY** visible?
- Are your measurements/weights **CLEARLY** shown and stated in video?
- Are your movements **CLEARLY & VISIBLY** performed to standards as stated by WZA?
- Is your video clear of obstructions?
- Are you submitting the correct video for this specific workout?