



WORKOUT FOUR SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

WORKOUT FOUR

PRESENTED BY Dymatize

TIME-CAP: 10 MINUTES

UPPER BELOW ELBOW

BREAK IT UP
HOWEVER YOU WANT

45 DEADLIFTS (225, 155LB)
45 ALT PISTOLS

UPPER ABOVE ELBOW

BREAK IT UP
HOWEVER YOU WANT

45 DEADLIFTS (185, 135LB)
45 ALT PISTOLS

SHORT STATURE

BREAK IT UP
HOWEVER YOU WANT

45 DEADLIFTS (185, 135LB)
45 ALT PISTOLS

*WEIGHTS
HIGH: 155/105
MID: 145/100
LOW: 135/95

LOWER MINOR

BREAK IT UP
HOWEVER YOU WANT

45 DEADLIFTS (225, 155LB)
45 HSPU

LOWER BELOW KNEE

BREAK IT UP
HOWEVER YOU WANT

45 DEADLIFTS (205, 145LB)
45 HSPU

LOWER ABOVE KNEE

BREAK IT UP
HOWEVER YOU WANT

45 DEADLIFTS (185, 135LB)
45 HSPU

SENSORY

BREAK IT UP
HOWEVER YOU WANT

45 DEADLIFTS (225, 155LB)
45 HSPU

NEURO MINOR

BREAK IT UP
HOWEVER YOU WANT

45 DEADLIFTS (205, 145LB)
45 HRPV

NEURO MODERATE

BREAK IT UP
HOWEVER YOU WANT

45 DEADLIFTS (175, 125LB)
45 HRPV

NEURO MAJOR

BREAK IT UP
HOWEVER YOU WANT

45 DEADLIFTS (135, 95LB)
45 KNEE HR PUSH UPS

SEATED 2

BREAK IT UP
HOWEVER YOU WANT

45 SIT UPS
45 RING PUSH UPS

SEATED 1

BREAK IT UP
HOWEVER YOU WANT

45 MB SIT UPS
45 RING PUSH UPS

*14# MB BALL



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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

Workout 4 consists of 90 reps (45 of one movement and 45 of a second movement) that athletes may complete in any order for time. Standing athletes will have deadlifts and a gymnastics movement. Seated athletes will have 45 situps and 45 ring pushups. Athlete can break up reps in any way they want as long as all 90 reps are completed. Time stops at the final rep. Time Cap is 10 minutes.

To get credit for the score, athletes must provide a video of their effort. Video must include a full view of all included equipment. Athletes must also show weights on the bar and reiterate name and division. If an athlete is out of frame for any part of the video, credit will not be given.

REQUIRED EQUIPMENT

Tape to mark the floor, Barbell, plates, and collars*, Rings, Med Ball

*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**UPPER RX BELOW ELBOW****DEADLIFT**

- Athletes may use all available arms.
- Athletes may use a grip aid (such as a lifting harness, hook, or strap) on the impaired arm. Athletes may NOT wear gymnastics grips.
- Collars must be placed outside the plates during all attempts.
- Start each rep with the bar on the ground.
- The grip may be between the knees.
- The rep is credited when:
 - The athlete's hips and knees reach full extension.
 - The head and shoulders are behind the bar.

ALT PISTOLS

- At the start and finish of each rep, the hips and knee of the working leg are extended.
- The non-working leg must remain in front of the body (cannot pass beyond profile).
- Holding on to the non-working leg is permitted.
- At the bottom, the hip crease must pass below the top of the knee on the working leg.
- If any part of the body other than the support foot touches the floor before lockout, the rep will not count.
- Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted.
- For Alternating:
 - Must alternate legs after every successful rep.
 - Must complete a successful rep on one side before alternating.

UPPER RX ABOVE ELBOW**DEADLIFT**

- Athletes may use all available arms.
- Athletes may use a grip aid (such as a lifting harness, hook, or strap) on the impaired arm. Athletes may NOT wear gymnastics grips.
- Collars must be placed outside the plates during all attempts.
- Start each rep with the bar on the ground.
- The grip may be between the knees.
- The rep is credited when:
 - The athlete's hips and knees reach full extension.
 - The head and shoulders are behind the bar.

MOVEMENT STANDARDS (CONT.)**ALT PISTOLS**

- At the start and finish of each rep, the hips and knee of the working leg are extended.
- The non-working leg must remain in front of the body (cannot pass beyond profile).
- Holding on to the non-working leg is permitted.
- At the bottom, the hip crease must pass below the top of the knee on the working leg.
- If any part of the body other than the support foot touches the floor before lockout, the rep will not count.
- Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted.
- For Alternating:
 - Must alternate legs after every successful rep.
 - Must complete a successful rep on one side before alternating.

UPPER RX SHORT STATURE**DEADLIFT**

- Start each rep with the bar on the ground.
- The hands must be outside the knees.
- The rep is credited when:
 - The athlete's hips and knees reach full extension.
 - The head and shoulders are behind the bar.

ALT PISTOLS

- At the start and finish of each rep, the hips and knee of the working leg are extended.
- The non-working leg must remain in front of the body (cannot pass beyond profile).
- Holding on to the non-working leg is permitted.
- At the bottom, the hip crease must pass below the top of the knee on the working leg.
- If any part of the body other than the support foot touches the floor before lockout, the rep will not count.
- Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted.
- For Alternating:
 - Must alternate legs after every successful rep.
 - Must complete a successful rep on one side before alternating.

LOWER RX MINOR**DEADLIFT**

- Start each rep with the bar on the ground.
- The hands must be outside the knees.
- The rep is credited when:
 - The athlete's hips and knees reach full extension.
 - The head and shoulders are behind the bar.

MOVEMENT STANDARDS (CONT.)**HSPU**

- Rep begins with the athlete upside down with elbows locked out.
- Athlete will control the decent and push back up into a locked out position.
- Kipping is permitted
- Athlete may not touch buttocks to wall during ascent or descent.
- Hands must be on the same level as touchpoint of head.

LOWER RX BELOW KNEE**DEADLIFT**

- Start each rep with the bar on the ground.
- The hands must be outside the knees.
- The rep is credited when:
 - The athlete's hips and knees reach full extension.
 - The head and shoulders are behind the bar.

HSPU

- Rep begins with the athlete upside down with elbows locked out.
- Athlete will control the decent and push back up into a locked out position.
- Kipping is permitted
- Athlete may not touch buttocks to wall during ascent or descent.
- Hands must be on the same level as touchpoint of head.

LOWER RX ABOVE KNEE**DEADLIFT**

- Start each rep with the bar on the ground.
- The hands must be outside the knees.
- The rep is credited when:
 - The athlete's hips and knees reach full extension.
 - The head and shoulders are behind the bar.

HSPU

- Rep begins with the athlete upside down with elbows locked out.
- Athlete will control the decent and push back up into a locked out position.
- Kipping is permitted
- Athlete may not touch buttocks to wall during ascent or descent.
- Hands must be on the same level as touchpoint of head.

MOVEMENT STANDARDS (CONT.)**LOWER RX SENSORY****DEADLIFT**

- Start each rep with the bar on the ground.
- The hands must be outside the knees.
- The rep is credited when:
 - The athlete's hips and knees reach full extension.
 - The head and shoulders are behind the bar.

HSPU

- Rep begins with the athlete upside down with elbows locked out.
- Athlete will control the decent and push back up into a locked out position.
- Kipping is permitted
- Athlete may not touch buttocks to wall during ascent or descent.
- Hands must be on the same level as touchpoint of head.

NEURO RX MINOR**DEADLIFT**

- Start each rep with the bar on the ground.
- The hands must be outside the knees.
- The rep is credited when:
 - The athlete's hips and knees reach full extension.
 - The head and shoulders are behind the bar.

HAND RELEASE PUSH UPS

- 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.

NEURO RX MODERATE**DEADLIFT**

- Start each rep with the bar on the ground.
- The hands must be outside the knees.
- The rep is credited when:
 - The athlete's hips and knees reach full extension.
 - The head and shoulders are behind the bar.

MOVEMENT STANDARDS (CONT.)**HAND RELEASE PUSH UPS**

- 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.

NEURO RX MAJOR**DEADLIFT**

- Start each rep with the bar on the ground.
- Athletes may use a grip aid (such as a lifting harness, hook, or strap) on the impaired arm. Athletes may NOT wear gymnastics grips.
- The hands must be outside the knees, unless only one point of contact is being used. Then hand can be in between knees.
- The rep is credited when:
 - The athlete's hips and knees reach full extension.
 - The head and shoulders are behind the bar.

KNEE HR PUSH UPS

- Elbows must be locked out with the feet no wider than shoulder width.
- A straight body position must be maintained throughout the push-up.
- 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.

SEATED RX 2**SIT-UPS**

- Rep begins with the back in contact with the floor and hands touching the floor above the head.
- Raise the torso until the hands touch the feet or floor in front.
- For rep to count, shoulders must be over or in front of the hips.

RING PUSH UPS

- The rings are placed at a height where the fingers when gripping the rings are off the floor with at least 1 inch clearance.
- Athlete will grip the rings wherein shoulder is on top of the rings and straps are hanging straight down.
- Full grip on the rings with the palms facing each other
- Legs together with their knees on the ground
- The rep begins with the athlete's arms extended.

MOVEMENT STANDARDS (CONT.)**SEATED RX 1****MB SIT-UPS**

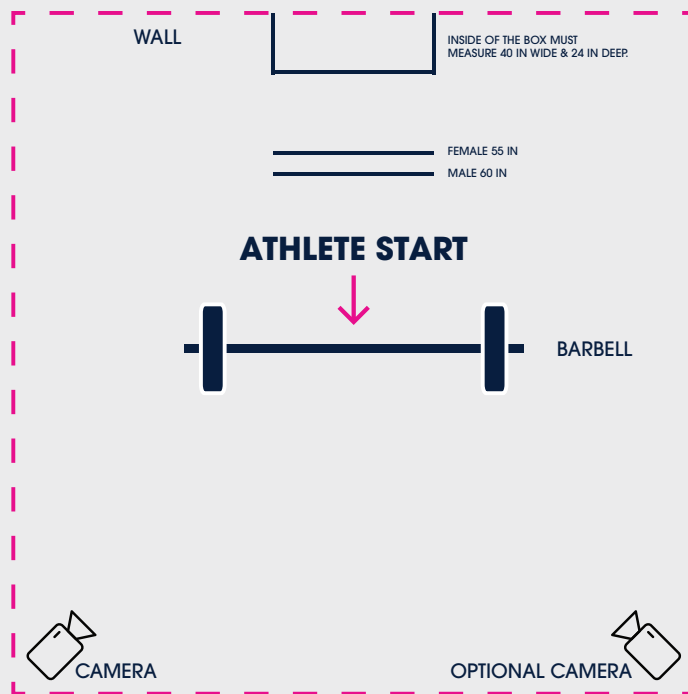
- Begin with the back in contact with the floor, feet together and med ball touching the floor above the head.
 - a coach or weight may hold feet in place.
- Raise the torso and ball until the ball touches the feet or floor in front
- For rep to count, shoulders must be over or in front of the hips.

RING PUSH UPS

- The rings are placed at a height where the fingers when gripping the rings are off the floor with at least 1 inch clearance.
- Athlete will grip the rings wherein shoulder is on top of the rings and straps are hanging straight down.
- Full grip on the rings with the palms facing each other
- Legs together with their knees on the ground
- The rep begins with the athlete's arms extended.

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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UPPER RX

45 DEADLIFTS

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 ALT PISTOLS

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



SCORES DUE SEPTEMBER 25TH @ 8PM ET

LOWER RX

45 DEADLIFTS

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



SCORES DUE SEPTEMBER 25TH @ 8PM ET

NEURO RX

45 DEADLIFTS

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 HRPV/KNEE HRPV

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



SCORES DUE SEPTEMBER 25TH @ 8PM ET

SEATED RX

45 SIT UPS / MB SIT 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					

45 RING 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					

TIME COMPLETED

IF TIME CAPPED,
TOTAL REPS COMPLETED

SCORES DUE SEPTEMBER 25TH @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____





WORKOUT FOUR SCORECARD



SCORES DUE SEPTEMBER 25TH @ 8PM ET

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?