



WORKOUT FOUR SCORECARD



SCORES DUE OCTOBER 23RD @ 8PM ET

WORKOUT

FOUR

PRESENTED BY



IN ORDER, EACH ATHLETE PERFORMS A 6MIN ROUND OF THE FOLLOWING, STARTING WHERE THE PREVIOUS ATHLETE LEFT OFF:

18 MIN AMRAP - (6 MIN AMRAP PER ATHLETE)

*EMOTM BUY-IN: T2B - 9 FOR MEN | 7 FOR WOMEN (EXCEPT @ MIN 0:00)

90 THRUSTERS (65, 45LB)

70 THRUSTERS (95, 65LB)

50 THRUSTERS (135, 95LB)

MAX THRUSTERS (165, 115LB)

ELITE, RX, INTERMEDIATE, OPEN, MASTERS

*EMOTM BUY-IN: T2B - 9 FOR MEN | 7 FOR WOMEN (EXCEPT @ MIN 0:00)

90 THRUSTERS (65, 45LB)
70 THRUSTERS (95, 65LB)
50 THRUSTERS (135, 95LB)
MAX THRUSTERS (165, 115LB)

MODIFIED

*EMOTM BUY-IN: HANGING KNEE RAISES - 9 FOR MEN | 7 FOR WOMEN (EXCEPT @ MIN 0:00)

90 THRUSTERS (45, 35LB)
70 THRUSTERS (75, 55LB)
50 THRUSTERS (95, 65LB)
MAX THRUSTERS (115, 85LB)



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SCORING

The score for this workout is the team's total cumulative thrusters. Toes to bar or hanging knee raise repetitions will not be counted as part of the athlete's total submitted score.

When submitting, the team captain will be responsible for submitting each individual score for each member of their team, which will automatically sum the team's score.

Please note, if one athlete elects to perform the modified version of the workout, the team must select the modified check-box when submitting their score, even if other members of the team performed as prescribed.

TIEBREAK: Number of thrusters completed by athlete 3

FLOW

Each athlete starts standing tall at their barbell, loaded to the assigned weight. At the start of the clock, 0:00, athletes begin performing thrusters. At minute 1:00, athletes must move to the pull-up bar and perform toes to bar, 9 for men, 7 for women, before continuing where they left off on thrusters. Athletes will continue in this fashion, advancing to the next loaded barbell once completing the assigned reps until minute 6:00, in which their portion of the workout is complete.

This workout requires team communication. Athlete A will begin their 6min AMRAP with the 90 thrusters at the lightest weight, Athlete B will begin their 6min AMRAP after Athlete A finishes their 6min AMRAP, picking up where Athlete A left off. This will be the same for Athlete C, in that they will begin their 6min AMRAP after Athlete B finishes their 6min AMRAP, picking up where Athlete B left off.

If an athlete arrives at the final loaded barbell, the athlete will complete the workout in similar fashion, but instead of working towards a predetermined number of repetitions, will complete as many as possible in the remaining time.

For example, if Athlete A completes all 90 thrusters, advances to the next bar and completes 20 of the 70 thrusters in their 6min, Athlete B will begin with the 21st rep of the round of 70. If Athlete B then completes the remaining reps in the round of 70, and completes 32 thrusters in the round of 50 in their 6min, Athlete C will start their 6min AMRAP beginning with the 33rd thruster in the round of 50, If Athlete C completes the round of 50 thrusters, he or she will start completing as many repetitions as possible of the las weight.

Please note, barbells may be preloaded for weight increases, or will have the ability to have help from others changing loads.



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FLOW (CONT.)

Each minute, other than minute 0:00, the athlete must perform the buy-in of 9 toes to bar for men, and 7 toes to bar for women. If an athlete is unable to perform the required toes to bar in a given minute, their workout is officially over, and they may not accumulate any further repetitions. However, the prior thrusters completed will count towards the team's score.

Modified division will perform 9 hanging knee raises for men, and 7 hanging knee raises for women, every minute on the minute NOT including 0:00.

REQUIRED EQUIPMENT

Barbell, plates, and collars*, Pull-Up Bar

Men are required to use a standard 45 lb/20-kg barbell. Women are required to use a standard 35 lb/15-kg barbell

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

35lb - 15kg / 45lb - 20kg / 55lb - 25kg / 65lb - 29kg / 75lb - 34kg / 85lb - 38kg
95lb - 43kg / 115lb - 52kg / 135lb - 61kg / 165lb - 75kg

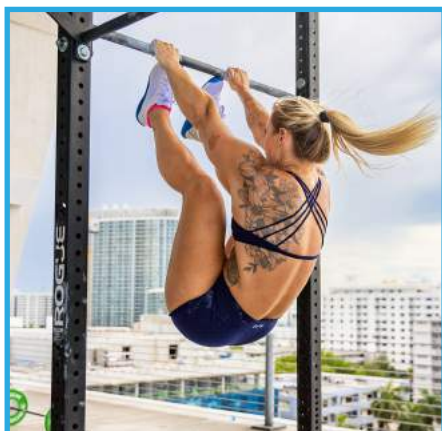
Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

MOVEMENT STANDARDS



THRUSTERS

- Athletes must place collars on the outside of the plates before beginning the lift.
- Each set of thrusters begins with the barbell on the ground.
- The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
- A full squat clean into the thruster is allowed.
- The rep is credited when:
 - The athlete's hips, knees, and arms are fully extended.
 - The bar is directly over, or slightly behind, the middle of their body.
- The rep must be completed in one fluid motion from the bottom of the squat. A thruster jerk is not allowed.
- An athlete deliberately redipping their knees under the bar is not permitted. However, an athlete stabilizing by moving their feet is permitted.
- If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition.
- No part of the body other than the feet can touch the ground.



TOES TO BAR

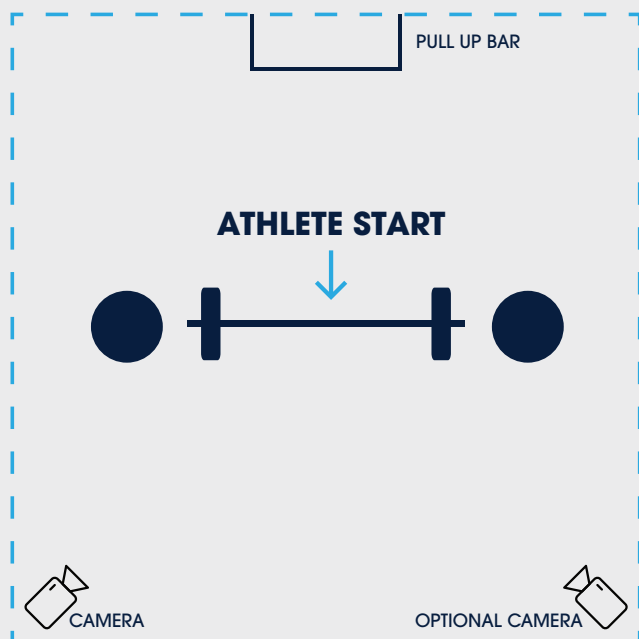
- Athletes begin by hanging from the pull-up bar with arms extended.
- Overhand, underhand, or mixed grips are all permitted.
- The heels must be brought back behind the pull-up bar.
- The rep is credited when both feet contact the bar between the hands at the same time.
- Any part of the feet may make contact with the bar.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.
- Athletes may have any assistance to reach the pull-up bar.

HANGING KNEE RAISES

- The Modified division will be performing hanging knee raises instead of toes to bar.
- The athlete must begin by hanging from the pull-up bar with arms extended.
- Heels must be brought back behind the pull-up bar.
- Overhand, underhand, or mixed grips are all permitted.
- The rep is credited when the top of the athlete's knees rise above the hips.
- Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.
- Athletes may have any assistance to reach the pull-up bar.

FILMING RECOMMENDATIONS

- The athlete must film ALL introductions of name, division, and workouts so the athlete can be seen and heard 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 the athlete is always and fully in frame, and so that 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, INTERMEDIATE, OPEN, MASTERS RX

6 MIN AMRAP - ATHLETE A

90 THRUSTERS (65, 45LB)	90
70 THRUSTERS (95, 65LB)	160
50 THRUSTERS (135, 95LB)	210
MAX THRUSTERS (165, 115LB)	
EMOTM - 9 REP FOR MEN / 7 REPS FOR WOMEN T2B (NOT INCLUDING 0:00)	

ATHLETE A TOTAL REPS COMPLETED

6 MIN AMRAP - ATHLETE B - BEGIN WHERE "ATHLETE A" LEFT OFF

90 THRUSTERS (65, 45LB)	90
70 THRUSTERS (95, 65LB)	160
50 THRUSTERS (135, 95LB)	210
MAX THRUSTERS (165, 115LB)	
EMOTM - 9 REP FOR MEN / 7 REPS FOR WOMEN T2B (NOT INCLUDING 0:00)	

ATHLETE B TOTAL REPS COMPLETED

6 MIN AMRAP - ATHLETE C - BEGIN WHERE "ATHLETE B" LEFT OFF

90 THRUSTERS (65, 45LB)	90
70 THRUSTERS (95, 65LB)	160
50 THRUSTERS (135, 95LB)	210
MAX THRUSTERS (165, 115LB)	
EMOTM - 9 REP FOR MEN / 7 REPS FOR WOMEN T2B (NOT INCLUDING 0:00)	

ATHLETE C TOTAL REPS COMPLETED

SCORES DUE OCTOBER 23RD @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT SCORE HERE





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MODIFIED

6 MIN AMRAP - ATHLETE A

90 THRUSTERS (45, 35LB)	90
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50 THRUSTERS (95, 65LB)	210
MAX THRUSTERS (115, 85LB)	
EMOTM - 9 REP FOR MEN / 7 REPS FOR WOMEN HKR (NOT INCLUDING 0:00)	

ATHLETE A TOTAL REPS COMPLETED

6 MIN AMRAP - ATHLETE B - BEGIN WHERE "ATHLETE A" LEFT OFF

90 THRUSTERS (45, 35LB)	90
70 THRUSTERS (75, 55LB)	160
50 THRUSTERS (95, 65LB)	210
MAX THRUSTERS (115, 85LB)	
EMOTM - 9 REP FOR MEN / 7 REPS FOR WOMEN HKR (NOT INCLUDING 0:00)	

ATHLETE B TOTAL REPS COMPLETED

6 MIN AMRAP - ATHLETE C - BEGIN WHERE "ATHLETE B" LEFT OFF

90 THRUSTERS (45, 35LB)	90
70 THRUSTERS (75, 55LB)	160
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ATHLETE C TOTAL REPS COMPLETED

SCORES DUE OCTOBER 23RD @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

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SUBMIT SCORE HERE





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SUBMISSION CHECKLIST

- For each athlete, Is your score correctly inputted in Competition Corner and did you submit it before the deadline of Monday, October 23rd @ 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?