



TEAM WORKOUT 4 SCORECARD

SCORES DUE NOVEMBER 6 @ 8PM ET



GYMNASTICS TEST ONE ATHLETE PER TEAM

TIME-CAP: 20 MIN

ON A 20 MIN CLOCK

PART A: MIN 0-10

1 ATTEMPT ON EACH, FOR TOTAL COMBINED TIME:

MAX HANDSTAND HOLD ON WALL MAX PULL-UP BAR HANG

TOTAL COMBINED TIME ON HANDSTAND HOLD & PULL-UP BAR HANG WILL SERVE AS THE TOTAL AMOUNT OF WORKING TIME ON THE SUBSEQUENT AMRAP.

PART B: MIN 10-ONWARD

ASCENDING AMRAP LADDER (DURATION EQUAL TO TIME SPENT ON HOLD & HANG)

ELITE, RX, INTERMEDIATE, MASTERS

- 1 WALL WALK
- 3 TOES TO BAR
- 2 WALL WALKS
- 6 TOES TO BAR
- 3 WALL WALKS
- 9 TOES TO BAR
- 4 WALL WALKS
- 12 TOES TO BAR
- 5 WALL WALKS
- 15 TOES TO BAR
- 6/18, 7/21, ETC...

MODIFIED

- 1 HR PUSH-UPS
- 3 SIT-UPS
- 2 HR PUSH-UPS
- 6 SIT-UPS
- 3 HR PUSH-UPS
- 9 SIT-UPS
- 4 HR PUSH-UPS
- 12 SIT-UPS
- 5 HR PUSH-UPS
- 15 SIT-UPS
- 6/18, 7/21, ETC...

SCORING

The score for this workout is the total reps completed, by this athlete, within their time cap.

Example:

Athlete gets into the round of 8 wall walks and completes 8 wall walks and 21 Toes to Bar. - Score is 141

The team captain will submit the athlete's score for this workout.

TIEBREAK: The total time accumulated by the athlete on Part A.

WORKOUT FLOW

Workout 4 is part of a series of individual workouts consisting of workouts 2, 3, & 4. Each workout should be assigned to only one athlete per team, with each athlete allowed to perform only one.

This is an AMRAP style two part workout, only one athlete from the team will perform.

Part A will determine the time allotted to perform the AMRAP in Part B, of which the number of reps on Part B will be the team's score.

Prior to the workout, the athlete must mark a line (recommended with tape,) exactly 10 inches from the wall. This will be used both for Part A & Part B.

This first part of the workout starts with the athlete at the pullup bar and the wall.

At the start, the athlete will have 10 minutes to perform, in any order:

- One max effort unbroken handstand hold on the wall
- One max effort unbroken pull up bar hang

With whatever time remains, the athlete may rest until 10:00

Athletes will combine the times of both the hold and hang

This total time will be the allotted time they have to perform the second part of this workout

This second part of the workout starts with the athlete at the wall.

At the 10:00, the athlete will have the amount of time earned on Part A, to perform:

- 1 wall walk followed by 3 Toes to Bar
- Into, 2 wall walks followed by 6 Toes to Bar
- Into, 3 wall walks followed by 9 Toes to Bar
- Athletes will continue in this fashion for the duration of their time cap, adding 1 wall walk and 3 Toes to Bar every round

REQUIRED EQUIPMENT

- Wall Space
- Tape, to be used to mark a tape line
 - 30 inches long, no wider than 2 inches and 10 inches from the wall
 - 10 inches (25 cm) wall to outside edge of tape
 - 30 inches (76cm) in length
 - 2 inches (5cm) in width (no wider than this)
- Pull-up bar

OTHER RULES & RECOMMENDATIONS

- Double stitched and/or dowel style gymnastics are not permitted.
- 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.
- For avoidance of doubt, the same athlete may not perform workout 2, 3, or 4. Each one must be performed by a different teammate.

MOVEMENT STANDARDS

HANDSTAND HOLD ON WALL

- The rep begins with the athletes heels on the wall and hands on the designated tape line
- The rep ends when any part of the athletes body, other than the hands, touch the ground or any part of their body other than the heels touch the wall.
- During the movement:
 - Both hands must touch the tape line at the 10-inch mark.
 - Any part of the hands may touch the tape line
 - No part of the body other than the heels may touch the wall.
- Tape line:
 - 30 inches long, no wider than 2 inches and 10 inches from the wall
 - 10 inches (25 cm) wall to outside edge of tape
 - 30 inches (76cm) in length
 - 2 inches (5cm) in width (no wider than this)

DEAD HANG ON PULL UP BAR

- The rep begins with the athlete hanging from the pull-up bar and feet off the ground
- The rep ends and time stops when any part of the body touches the ground
- During the movement
 - Overhand, underhand, or mixed grips are all permitted
 - Adjusting/switching grip is permitted as long as the athlete does not touch the ground or have assistance in any fashion.
- Athlete can get up to the bar in any fashion
- 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.
 - Double stitched and/or dowel style gymnastics grips are not permitted.

WALL WALKS

- The rep begins with the athlete lying down and the chest, thighs and feet touching the ground
- The rep ends and is credited when the athlete returns to the starting position, lying down with the chest, thighs and feet touching the ground
- During the movement:
 - Both hands must touch the tape line at the 10-inch mark before the athlete may descend.
 - Any part of the hands may touch the tape line
- Tape line:
 - 30 inches long, no wider than 2 inches and 10 inches from the wall
 - 10 inches (25 cm) wall to outside edge of tape
 - 30 inches (76cm) in length
 - 2 inches (5cm) in width (no wider than this)

TOES TO BAR

- The rep begins with the athlete hanging from the pull-up bar with arms extended and heels behind the pull-up bar
- The rep ends and is credited when both feet clearly contact the bar between the hands at the same time
- During the movement:
 - Overhand, underhand, or mixed grips are all permitted
 - Any part of the feet may make contact with the bar
 - The heels must be brought back behind the pull-up 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.

HAND RELEASE PUSH-UPS (MODIFIED)

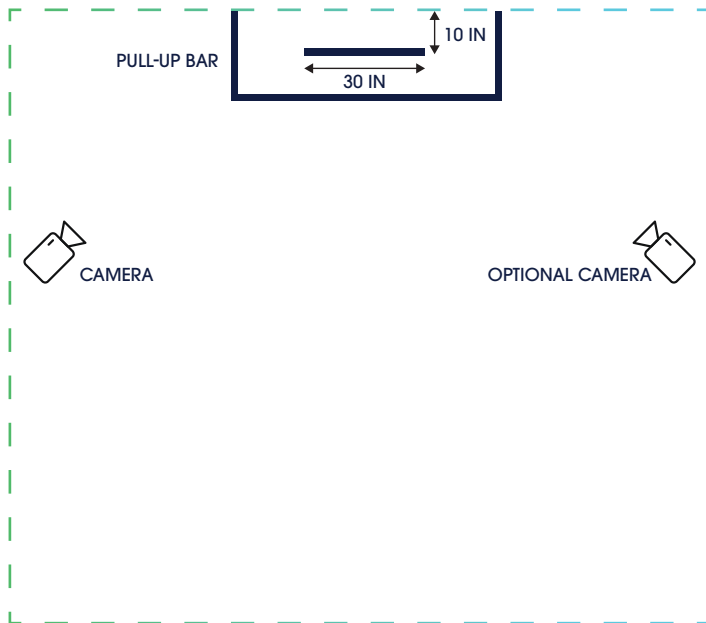
- The rep begins with the athlete in a plank position, only the hands and feet touching the ground with the elbows locked out and hips and shoulders inline with each other.
- The rep ends and is credited when the athlete returns to the starting plank position, only the hands and feet touching the ground with the elbows locked out and hips and shoulders inline with each other.
- During the movement:
 - The athletes chest must clearly touch the ground
 - Both the athletes hands must clearly come off the ground at the same time

SIT-UPS (MODIFIED)

- The rep begins with the athlete laying on the ground, legs in a butterfly position and both hands touching the ground above the athlete's shoulders.
- The rep ends and is credited when the athlete's hands have touched the ground in front of their legs and below the knees.
- During the movement, athletes may choose to use an ab-mat in the lower part of their back

FILMING RECOMMENDATIONS

- We highly recommend using WODPROOF for all official workout filming.
- Film ALL introductions of name, division and workouts so the athlete can be seen/heard clearly.
- Film the measurement of the wall-walk tape line.
- Film ALL movements so that movement standards being met are clearly being shown.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer is recommended to be visible throughout the entire workout..
- Videos shot with a fisheye lens or similar lens may be rejected.
- Failure to follow any of the filming standards is subject to penalty and/or invalidation of video.





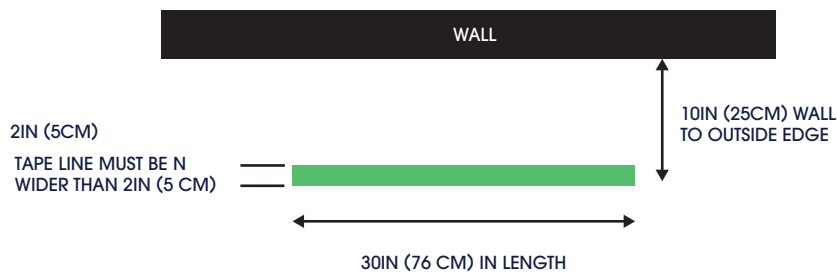
WE HIGHLY RECOMMEND DOWNLOADING THE WODPROOF APP FOR OFFICIAL WORKOUT FILMING

Available on the
App Store



GET IT ON
Google play





FOR TIME / TIME-CAP: 20 MIN

ELITE, RX, INTERMEDIATE, MASTERS	
WALL WALK	TOES TO BAR

PART A (00:00 - 10:00) ONE MAX ATTEMPT AT THE FOLLOWING:

HANDSTAND HOLD ON WALL TIME

PULL-UP BAR HANG TIME

TOTAL TIME FOR PART A
HANDSTAND HOLD TIME + PULL-UP BAR HANG TIME
*THE TOTAL TIME FOR PART A IS THE TIME FOR PART B
**THIS IS THE TIEBREAK SCORE FOR PART B

PART B (10:00 - ONWARD)

1 WALL WALK	1
3 TOES TO BAR	4
2 WALL WALK	6
6 TOES TO BAR	12
3 WALL WALK	15
9 TOES TO BAR	24
4 WALL WALK	28
12 TOES TO BAR	40
5 WALL WALK	45
15 TOES TO BAR	60
6 WALL WALK	66
18 TOES TO BAR	84
7 WALL WALK	91
21 TOES TO BAR	112
8 WALL WALK	120
24 TOES TO BAR	144
9 WALL WALK	153
27 TOES TO BAR	180
10 WALL WALK	190
30 TOES TO BAR	220

TOTAL REPS COMPLETED FOR PART B
*(THIS IS THE SCORE TO BE SUBMITTED ON COMPETITION CORNER)

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ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

SUBMIT SCORE HERE



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MODIFIED	
HR PUSH-UPS	SIT-UPS

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