

# WORKOUT FOUR

PRESENTED BY  **REIGN**  
TOTAL BODY FUEL

**FOR TIME**

**3-6-9-12-15-18-21 BOX JUMP OVERS** \*REP COUNT VARIES PER DIVISION

**3 WALL-WALKS**

**TIME CAP: 25 MINUTES**

LOWER	UPPER	NEURO	SEATED	STANDING
<p><b>LOWER MINOR &amp; LOWER 2</b> 3-6-9-12-15-18-21 Box Jump Overs 3 Wall-Walks</p> <p>(24, 20in) (61, 51cm)</p>	<p><b>UPPER 2</b> 3-6-9-12-15-18-21 Box Jump Overs 3 Scaled Wall-Walks</p> <p>(24, 20in) (61, 51cm)</p>	<p><b>NEURO MINOR</b> 3-6-9-12-15-18 Box Step Overs 3 Wall-Walks</p> <p>(24, 20in) (61, 51cm)</p>	<p><b>ALL SEATED DIVISIONS</b> 3-6-9-12-15-18-21 Box U-turns 3 Box Walks</p> <p>(24, 20in) (61, 51cm)</p>	<p><b>STANDING DIAGNOSED</b> 3-6-9-12-15-18-21 Box Jump Overs 3 Wall-Walks</p>
<p><b>LOWER 1</b> 3-6-9-12-15-18-21 Box Get Overs 3 Wall-Walks</p> <p>(24, 20in) (61, 51cm)</p>	<p><b>UPPER 1</b> 3-6-9-12-15-18-21 Box Jump Overs 3 Walk Outs</p> <p>(24, 20in) (61, 51cm)</p>	<p><b>NEURO MOD</b> 3-6-9-12-15-18 Box Get Overs 3 Scaled Wall-Walks</p> <p>(24, 20in) (61, 51cm)</p>		<p><b>VISION</b> 3-6-9-12-15-18-21 Box Step Ups 3 Wall-Walks</p>
		<p><b>NEURO MAJOR</b> 3-6-9-12-15 Box Get Overs 3 Walk Outs</p> <p>(24, 20in) (61, 51cm)</p>		<p><b>SHORT STATURE</b> 3-6-9-12-15-18-21 Box Get Overs 3 Scaled Wall-Walks</p>
				<p><b>INTELLECTUAL W CC &amp; W/O CC</b> 3-6-9-12-15-18 Box Step Overs 3 Scaled Wall-Walks</p>
				<p><b>ALL DIVISIONS</b> (24, 20in) (61, 51cm)</p>

## WORKOUT FLOW

- Before starting, stand tall with your back to the box.
- At “go”, complete 3 box jump overs and then 3 wall walks.
- Then, 6 box jump overs (or variation) and 3 wall walks (or variation).
- Then, 9 box jump overs (or variation) and 3 wall walks (or variation).
- Continue in this fashion, adding 3 reps to the box jump overs (or variation) every round and completing 3 wall walks (or variation) after each set of box jump overs until the last round of box jump overs (or variation) and 3 wall walks (or variation).

## NOTES

Athletes may NOT receive assistance with their equipment.

## SCORE

The time it takes to complete or the total reps completed within the time cap.

- If time is capped, the score will be the total reps completed in 25 minutes
  - 1 Box Jump Over = 1 Rep
  - 1 Wall Walk = 1 Rep

### EXAMPLE

- Athlete completes the round of 30 BJO and 3 WW at 21:37.
  - Submit score of 21:37.
- Athlete is time-capped and completed the round of 24 BJO plus 1 Wall Walk.
  - Select “did not finish workout” and submit a score of 130 reps.

## TIEBREAK

Time after the previously completed round.

# MOVEMENT STANDARDS

## BOX JUMP OVER

- The rep begins with the athlete on one side of the box.
- The rep is completed and credited when both of the athlete's feet have reached the ground on the other side of the box.
- Box-facing and lateral jumps are permitted.
- Both the athlete's feet must touch the top of the box at the same time.
- A two-foot take off is not required as long as both feet are simultaneously in the air during the jump.
- There is no requirement to stand tall while on top of the box.
- Contact of the hands on the body or box is NOT permitted.

## BOX STEP OVERS

- The rep begins with the athlete on one side of the box.
- The rep is completed and credited when the athlete's feet have reached the ground on the other side of the box.
- Box-facing and lateral steps are permitted.
- Both the athlete's feet must touch the top of the box at the same time.
- There is no requirement to stand tall while on top of the box.
- Contact of the hands on the body or box is NOT permitted.

## BOX GET OVERS

- The rep begins with the athlete on one side of the box.
- The rep is completed and credited when the athlete's feet have reached the ground on the other side of the box.
- Box-facing and lateral steps are permitted.
- Both the athlete's feet must pass over the top line of the box & not drop below box line.
- There is no requirement to stand tall while on top of the box.
- Contact of the hands on the box is permitted for safety and balance modifications.

## BOX U TURNS

- The rep begins with the athlete on one side of the box, with the rear axle behind the forward edge of the box.
- The athlete will spin out away from the box, spinning 360 degrees, finishing on the opposite side of the rower, with the rear axle behind the forward edge of the box/footplate.
- The rep is completed and credited when the athlete is seated on the opposite side of the box, with rear axles behind the forward edge of the box.

## WALL WALK

- SET UP
  - 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 (139cm).
    - For men, the distance is 60 inches (152cm).
  - This first line will be the start and finish line for each repetition.
  - Tape a second line that leaves 10 inches (25cm) of space between the tape's far edge & the wall.
  - Tape line 10 inches from the wall must be 30 inches (76cm) in length & NO WIDER than 2 inches (5cm).
- The rep begins with the athlete lying down, with chest, thighs, and feet touching the ground and both hands touching the 60/55-inch tape line (fingers touching is OK).
  - Both hands must remain on the tape line until both feet are on the wall.
- 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 and both hands touching the 60/55-inch tape line (fingers touching is OK).
- During the movement, both hands must touch the tape line at the 10-inch mark before the athlete may descend. On the descent, the feet must remain on the wall until both hands are touching the 60/55-inch tape line.
  - 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)

## WALK OUT

- SET UP
  - Mark a tape line to designate the finish line that leaves 10 inches of space between the tape's far edge and the wall.
- The rep begins with the athlete standing tall with their back to the wall and their feet anywhere on the 10" tape line.
- The rep is completed and credited when the athlete returns to the starting position, standing tall with their back to the wall and the feet anywhere on the 10" tape line.
- The athlete must walk their hands or hands forward until the chest and hips are in contact with the ground.
- Any part of the feet must be stood on the tape line at the start and finish position.
- If the feet or a foot are not in contact with the tape, then the athlete must move the feet back onto the tape before starting the next rep. Failure to touch the tape will result in a no rep.
- Tape line:
  - 30 inches long, no wider than 2 inches, and 10 inches from the wall
  - 10 inches (25 cm) wall to the OUTSIDE edge of the tape
  - 30 inches (76cm) in length
  - 2 inches (5cm) in width (no wider than this)

## **BOX WALK**

- There will be one tape line on the front edge of the top side of the box and one on the back edge of the box.
- The athlete's front wheels may not cross between the two boxes on the ground.
- The top side of the box must measure 24 inches long.
- Begin each rep seated in a chair, with hands touching the tape line closest to the chair.
- Athletes will then lift up to a support position with hands still touching tape.
- Using hands only, walk to the tape line on the far edge of the box.
  - The use of legs is NOT permitted.
- Athletes must touch the far tape line with both hands before moving their hands to walk backward to the starting tape line.
- Any part of the hand may touch the tape lines.
- Athletes must maintain a supported position until both hands touch the starting tape line.
- Rep is completed when the athlete sits back down into their chair.
- The video angle must view the athlete from the front with tape lines clearly visible.
- Athletes' feet may touch the ground, but athletes are NOT permitted to utilize their legs.

## **WALL WALKS (SCALED/MODIFIED)**

- The rep begins with the athlete lying down and the chest, thighs, and feet touching the ground with both hands clearly in front of the 55-inch tape line.
- Walk up the wall until both hands are clearly on the other side of the 55-inch tape line. (no part of the hand touching the tape).
- The rep is completed and credited when the athlete returns to the starting position, lying down with the chest, thighs, and feet touching the ground with both hands clearly in front of the 55-inch tape line.
- Tape line:
  - 30 inches long, no wider than 2 inches, and 55 inches from the wall
  - 55 inches (139 cm) wall to INSIDE edge of tape
  - 30 inches (76cm) in length
  - 2 inches (5cm) in width (no wider than this)

## EQUIPMENT

- Tape to mark the floor
- Wall Space
- Box of appropriate height for the athlete's division.
  - 24 inches = no less than 60.96 cm
  - 20 inches = no less than 50.80 cm
  - 12 inches, no less than 30.48cm

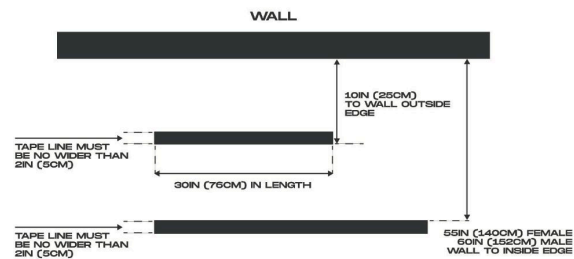
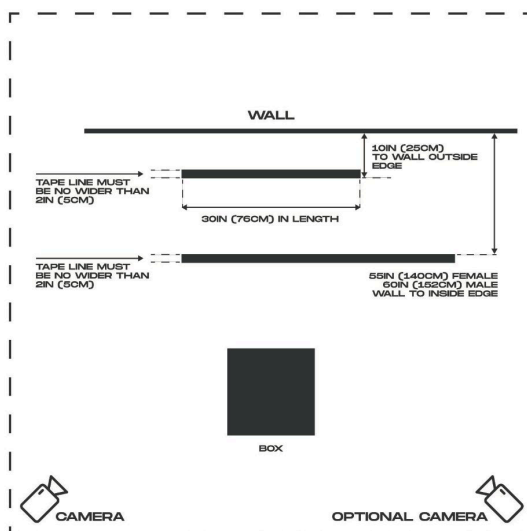
Be sure the athlete has adequate space to safely complete all movements.  
 Clear the area of all extra equipment, people, or other obstructions.

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.

## FILMING STANDARDS

- Film ALL introductions of name, division, and workouts so the athlete can be seen and/or 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 display the performance accurately.
- A clock or timer is required 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 a similar lens may be rejected.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of the video
- **Video submission is required for athletes seeking to earn a spot via qualification. However, video submission is not required for athletes looking to earn a spot in Open Registration.**



## LOWER, UPPER, SEATED, STANDING DIAGNOSED, SHORT STATURE, VISION

<b>3</b> BOX JUMP OVERS / VARIATION	3		<b>15</b> BOX JUMP OVERS / VARIATION	57	
<b>3</b> WALL-WALKS / VARIATION	6	TIE BREAK:	<b>3</b> WALL-WALKS / VARIATION	60	TIE BREAK:
<b>6</b> BOX JUMP OVERS / VARIATION	12		<b>18</b> BOX JUMP OVERS / VARIATION	78	
<b>3</b> WALL-WALKS / VARIATION	15	TIE BREAK:	<b>3</b> WALL-WALKS / VARIATION	81	TIE BREAK:
<b>9</b> BOX JUMP OVERS / VARIATION	24		<b>21</b> BOX JUMP OVERS / VARIATION	102	
<b>3</b> WALL-WALKS / VARIATION	27	TIE BREAK:	<b>3</b> WALL-WALKS / VARIATION	105	TIE BREAK:
<b>12</b> BOX JUMP OVERS / VARIATION	39				
<b>3</b> WALL-WALKS / VARIATION	42	TIE BREAK:			
<b>TIME TO COMPLETE</b>					
<b>IF TIME CAPPED, TOTAL REPS COMPLETED</b>					

**SCORES DUE MON, OCT 20 @ 8:00PM ET VIA COMPETITION CORNER**

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

SCAN TO SUBMIT YOUR SCORE



<b>NEURO MINOR, NEURO MODERATE, INTELLECTUAL W CC &amp; W/O CC</b>					
<b>3 BOX STEP / GET OVERS</b>			<b>12 BOX STEP / GET OVERS</b>		
	3			39	
<b>3 WALL-WALKS / VARIATION</b>			<b>3 WALL-WALKS / VARIATION</b>		
	6	TIE BREAK:		42	TIE BREAK:
<b>6 BOX STEP / GET OVERS</b>			<b>15 BOX STEP / GET OVERS</b>		
	12			57	
<b>3 WALL-WALKS / VARIATION</b>			<b>3 WALL-WALKS / VARIATION</b>		
	15	TIE BREAK:		60	TIE BREAK:
<b>9 BOX STEP / GET OVERS</b>			<b>18 BOX STEP / GET OVERS</b>		
	24			78	
<b>3 WALL-WALKS / VARIATION</b>			<b>3 WALL-WALKS / VARIATION</b>		
	27	TIE BREAK:		81	TIE BREAK:
<b>TIME TO COMPLETE</b>					
<b>IF TIME CAPPED, TOTAL REPS COMPLETED</b>					

**SCORES DUE MON, OCT 20 @ 8:00PM ET VIA COMPETITION CORNER**

\_\_\_\_\_  
**ATHLETE NAME** **ATHLETE SIGNATURE**

\_\_\_\_\_  
**JUDGE NAME**

SCAN TO SUBMIT YOUR SCORE



<b>NEURO MAJOR</b>					
<b>3</b> BOX GET OVER			<b>12</b> BOX GET OVER		
	3			39	
<b>3</b> WALK OUTS		TIE BREAK:	<b>3</b> WALK OUTS		TIE BREAK:
	6			42	
<b>6</b> BOX GET OVER			<b>15</b> BOX GET OVER		
	12			57	
<b>3</b> WALK OUTS		TIE BREAK:	<b>3</b> WALK OUTS		TIE BREAK:
	15			60	
<b>9</b> BOX GET OVER					
	24				
<b>3</b> WALK OUTS		TIE BREAK:			
	27				
<b>TIME TO COMPLETE</b>					
<b>IF TIME CAPPED, TOTAL REPS COMPLETED</b>					

**SCORES DUE MON, OCT 20 @ 8:00PM ET VIA COMPETITION CORNER**

\_\_\_\_\_  
**ATHLETE NAME** **ATHLETE SIGNATURE**

\_\_\_\_\_  
**JUDGE NAME**

SCAN TO SUBMIT YOUR SCORE



# SUBMISSION CHECKLIST

- Is your score correctly inputted in Competition Corner?
- Did you submit your score before **Monday, October 20th @ 8:00pm ET?**
- Is your video playable, publicly viewable, and free of copyright issues?
- Did you show/state your name, division & workout being performed?
- Is a clock in the frame or on the recording app **CLEARLY** visible?
- Are your measurements/weights **CLEARLY** shown and stated in the 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?