

WORKOUT FOUR

PRESENTED BY  **REIGN**
TOTAL BODY FUEL

GYMNASTICS TEST

MAX FREE-STANDING
HANDSTAND HOLD

MONOSTRUCTURAL TEST

2K ROW

STRENGTH TEST

3RM THRUSTER
FROM THE FLOOR

ATHLETE A: GYMNASTICS & STRENGTH TEST

ATHLETE B: GYMNASTICS & MONOSTRUCTURAL

ATHLETE C: MONOSTRUCTURAL & STRENGTH TEST

TIME CAP: 20 MINUTES PER ATHLETE

ELITE/RX

GYMNASTICS TEST

Max Free-standing Handstand Hold

MONOSTRUCTURAL TEST

2k Row

STRENGTH TEST

3RM Thruster from the floor

Athlete A

Gymnastics + Strength Test

Athlete B

Gymnastics + Monostructural

Athlete C

Monostructural + Strength Test

INTERMEDIATE/ OPEN / MASTERS RX / MODIFIED

GYMNASTICS TEST

Wall-Supported Handstand Hold

MONOSTRUCTURAL TEST

2k Row

STRENGTH TEST

3RM Thruster from the floor

Athlete A

Gymnastics + Strength Test

Athlete B

Gymnastics + Monostructural

Athlete C

Monostructural + Strength Test

WORKOUT FLOW

Each athlete may perform their prescribed tests in any order.

Each athlete must complete both their tests within a **20-minute singular running clock**.

Athlete A performs the gymnastics and strength test.

Athlete B performs the gymnastics and monostructural test.

Athlete C performs the monostructural and strength test.

GYMNASTICS TEST

- Athletes will start standing tall, facing the box or wall.
- At “go”, perform a max handstand hold.
 - Freestanding for Elite, Rx
 - Wall-Supported for Int, Open, Masters Rx, Modified.
- Time will begin when the feet leave the floor.
- Time will stop when any part of their body, except their hands, touches the floor.
- The score is the time in a handstand.

NOTES

- Use a timer/clock counting up.

MONOSTRUCTURAL TEST

- Athletes will start seated on the rower with their hands off the handle.
- At “go”, complete a 2000-meter row.
- The score is the time to complete this test.

NOTES

- Use a Concept 2 or Rogue Echo Rower.
- Pre-program the rower for a 2000-meter time trial.
 - [Click link here for instructions.](#)
- Move the camera as needed to show the time on the screen at the end of the test.

STRENGTH TEST

- Athletes will start standing tall with their back to the barbell.
- At “go”, complete a 3 rep max thruster from the floor.
- The score is the heaviest unbroken 3 rep thruster.

NOTES

- Lift must be an unbroken 3 reps.
- When performing the first rep, a squat clean into the thruster is permitted.
- Resting in between reps is permitted as long as the barbell remains in the front rack position.
- Collars must be on the barbell, outside of the weights.
- Must clearly show all weights on the barbell after a successful 3 reps.

SCORE

This workout has three separately scored components, each individually contributing 33%.

- **SCORE 1:** Total time of the gymnastics test completed by Athletes A and B.
- **SCORE 2:** Total time of the monostructural test completed by Athletes B and C.
- **SCORE 3:** Total weight lifted in the strength test by Athletes C and A.

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 checkbox when submitting their score, even if other members of the team performed as prescribed.

Athletes may receive assistance with their equipment during the workout.

TIEBREAK

NONE

EQUIPMENT

- Wall space
- Concept2 or Rogue Echo rower
- Standard Barbell
 - Men 45lb or 20kg
 - Women 35lb or 15kg
- Standard bumper plates
- Collars

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 may be disqualified from the competition.

Athletes MAY receive assistance with their equipment during the workout.

REQUIREMENTS FOR USING EQUIPMENT MEASURED IN KILOGRAMS

If any part of your equipment is measured in kilograms (kg), including your barbell, plates, or both, you must convert everything to pounds (lb) before totaling your load.

HOW TO CALCULATE

1. Convert each kilogram weight to pounds by multiplying by 2.2 (Example: 15 kg × 2.2 = 33 lb)
2. Add all the pound values together (bar + plates).
 - Barbell loads are 20kg = 45lb, 15kg = 35lb.
3. Round to the nearest whole pound:
 - .5 and above → round up
 - .4 and below → round down
4. Enter the rounded total on your scorecard.

EXAMPLE 1	EXAMPLE 2
<p>20 kg barbell = 45 lb (2 × 45 lb plates) = 90 lb</p> <hr/> <p>Total = 135 lb → Enter 135 lb</p>	<p>15 kg barbell = 35 lb (2 × 20 kg plates = 88 lb) (2 × 0.5 kg plates = 2.2 lb)</p> <hr/> <p>Total = 125.2 lb → rounds down to 125 lb → Enter 125 lb</p>

THE OFFICIAL WEIGHT IS IN POUNDS. IF CONVERTING KILOGRAMS TO POUNDS, ROUND TO THE NEAREST POUND (.5 AND UP, ROUND UP; .4 AND BELOW, ROUND DOWN).

- 200.1 to 200.4 lb rounds down to 200 lb
- 200.5 to 200.9 lb rounds up to 201 lb

*Any weight increase with change plates must result in a whole number (no decimal points).
 Collars cannot be included in the weight.*

MOVEMENT STANDARDS

FREE STANDING HANDSTAND HOLD

- SET UP:
 - Mark tape lines for a 4x4 foot box (122x122cm).
 - Measure from the inside edge of the tape to the inside edge of the tape.
- The rep begins (time starts) when both hands touch the ground inside the box and feet are off the ground.
- The rep is completed and credited (time stops) when:
 - any part of either hand (including fingers) touches the border of the box.
 - any part of either hand (including fingers) touches outside of the box.
 - any part of the athlete's body, other than the hands, touches the ground.
- During the movement, athletes may not rest their legs on their arms (i.e. frog stand).

WALL SUPPORTED HANDSTAND HOLD

- The rep begins (time starts) with the athlete's heels on the wall and hands on the ground.
- The rep is completed and credited (time stops)
 - any part of the athlete's body, other than the hands, touches the ground.
 - any part of their body other than their heels touches the wall.
 - Note, for avoidance of doubt, the athlete's backside may not make contact with the wall at any point.

ROW

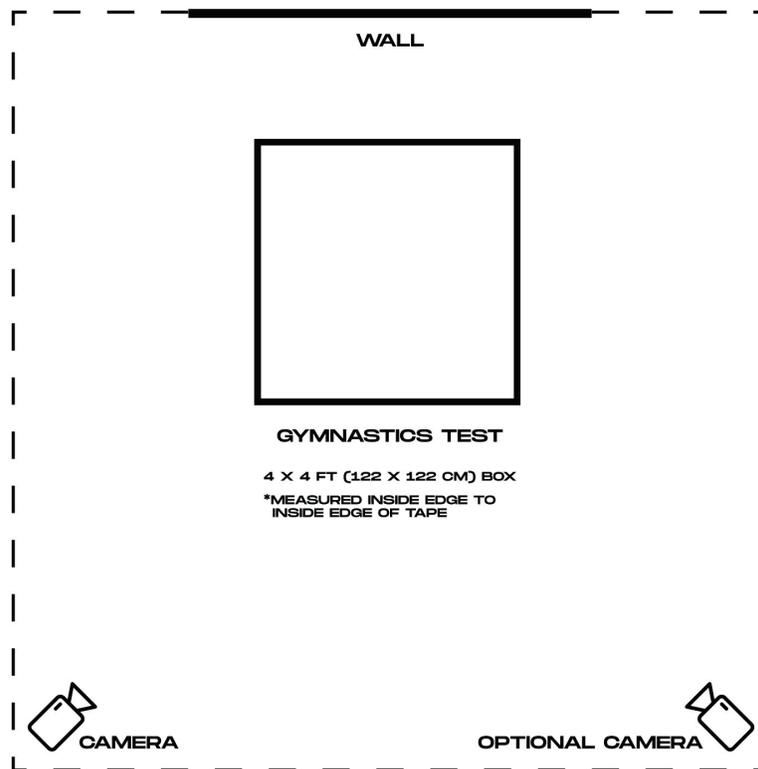
- May use a Concept 2 or Rogue Echo Rower.
- Athletes must pre-program the rower for a 2000-meter time trial.
 - [Click link here for instructions.](#)
- The rep begins with the athlete on the rower, hands not touching the handle, and the screen set to zero
- The rep is completed and credited when the monitor shows the prescribed meters with the athlete seated on the rower.
- Athletes must remain on the rower until the display reads the work required.

THRUSTERS

- The rep begins with the bar in the front rack position.
- The rep is completed and credited when the bar is locked out overhead, with the hips, knees, and arms clearly extended, with the bar clearly directly over or slightly behind the middle of the body.
- During the movement:
 - The athlete must move from the bottom of a front squat to full lockout overhead in one fluid movement.
 - The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
 - A thruster jerk is NOT permitted; an athlete deliberately re-dipping their knees under the bar is NOT permitted. However, an athlete stabilizing by moving their feet is permitted.
 - A full squat clean into the thruster is allowed for the first rep.

FILMING STANDARDS

- *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.*
- 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 barbell and plates so they can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- 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.



ELITE/RX

MAX FREE-STANDING HANDSTAND HOLD ATHLETES A & B	TIME FOR ATHLETE A	TIME FOR ATHLETE B	SCORE ONE: TOTAL HS TIME
2000 METER ROW ATHLETES B & C	TIME FOR ATHLETE B	TIME FOR ATHLETE C	SCORE TWO: TOTAL ROW TIME
3RM THRUSTER (FROM THE FLOOR) ATHLETES C & A	HEAVIEST SUCCESSFUL LIFT FOR ATHLETE C	HEAVIEST SUCCESSFUL LIFT FOR ATHLETE A	SCORE THREE: TOTAL THRUSTER WEIGHT
	IN POUNDS	IN POUNDS	IN POUNDS

SCORES DUE MON, NOV 24 @ 8:00PM ET VIA COMPETITION CORNER

GYMNASTICS TEST
SCORE 1

MONOSTRUCTURAL TEST
SCORE 2

STRENGTH TEST
SCORE 3



INTERMEDIATE/OPEN, MASTERS, MODIFIED

MAX WALL SUPPORTED HANDSTAND HOLD ATHLETES A & B	TIME FOR ATHLETE A	TIME FOR ATHLETE B	SCORE ONE: TOTAL HS TIME
2000 METER ROW ATHLETES B & C	TIME FOR ATHLETE B	TIME FOR ATHLETE C	SCORE TWO: TOTAL ROW TIME
3RM THRUSTER (FROM THE FLOOR) ATHLETES C & A	HEAVIEST SUCCESSFUL LIFT FOR ATHLETE C	HEAVIEST SUCCESSFUL LIFT FOR ATHLETE A	SCORE THREE: TOTAL THRUSTER WEIGHT
	IN POUNDS	IN POUNDS	IN POUNDS

SCORES DUE MON, NOV 24 @ 8:00PM ET VIA COMPETITION CORNER

GYMNASTICS TEST

SCORE 1

MONOSTRUCTURAL TEST

SCORE 2

STRENGTH TEST

SCORE 3



SUBMISSION CHECKLIST

- For each athlete, are your scores correctly inputted in Competition Corner, and did you submit it before the deadline of Monday, November 24th @ 8 p.m. ET?
- For each athlete, are the videos playable, publicly viewable, and free of copyright issues?
- Did each athlete show or state your name, division, and workout being performed, for this workout?
- For each athlete, is a clock in the frame or on the recording app **CLEARLY** visible?
- For each athlete, are the measurements/weights **CLEARLY** shown and stated in the video?
- For each athlete, are the movements **CLEARLY & VISIBLY** performed to standards as stated by WZA?
- For each athlete, is your video clear of obstructions?
- For each athlete, is this the correct video submission for this specific workout?
- For each athlete, is your video correctly inputted in Competition Corner and did you submit it before the deadline of Tuesday, November 25th @ 8 p.m. ET?