

# WORKOUT FIVE

PRESENTED BY **5.11** 

**FOR TOTAL COMBINED TEAM TIME**

**ATHLETE A**

**21-15-9**  
**DEADLIFTS**

**7-5-3**  
**WALL WALK + STRICT**  
**WALL-FACING HSPU**

**ATHLETE B**

**21-15-9**  
**DEADLIFTS**

**9-7-5**  
**WALL-WALKS**

**ATHLETE C**

**21-15-9**  
**DEADLIFTS**

**21-15-9**  
**STRICT HSPU**

**TIME CAP: 12 MINUTES PER ATHLETE**

ELITE/RX	INTERMEDIATE/ OPEN	MASTERS RX	MODIFIED
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FOR TOTAL COMBINED TIME	FOR TOTAL COMBINED TIME	FOR TOTAL COMBINED TIME	FOR TOTAL COMBINED TIME
<p><b>ATHLETE A</b> <b>21-15-9</b> Deadlifts <b>7-5-3</b> Wall-walk + Strict Wall-facing HSPU</p>	<p><b>ATHLETE A</b> <b>21-15-9</b> Deadlifts <b>9-7-5</b> Wall-walks</p>	<p><b>ATHLETE A</b> <b>21-15-9</b> Deadlifts <b>9-7-5</b> Wall-walks</p>	<p><b>ATHLETE A</b> <b>21-15-9</b> Deadlifts <b>9-7-5</b> Modified Wall-walks</p>
<p><b>ATHLETE B</b> <b>21-15-9</b> Deadlifts <b>9-7-5</b> Wall-walks</p>	<p><b>ATHLETE B</b> <b>21-15-9</b> Deadlifts <b>21-15-9</b> Handstand Push-ups</p>	<p><b>ATHLETE B</b> <b>21-15-9</b> Deadlifts <b>21-15-9</b> Handstand Push-ups</p>	<p><b>ATHLETE B</b> <b>21-15-9</b> Deadlifts <b>21-15-9</b> Hand-Release Push-ups</p>
<p><b>ATHLETE C</b> <b>21-15-9</b> Deadlifts <b>21-15-9</b> Strict HSPU</p>	<p><b>ATHLETE C</b> <b>21-15-9</b> Deadlifts <b>9-7-5</b> Strict HSPU</p>	<p><b>ATHLETE C</b> <b>21-15-9</b> Deadlifts <b>9-7-5</b> Strict HSPU</p>	<p><b>ATHLETE C</b> <b>21-15-9</b> Deadlifts <b>12-9-6</b> Hand-Release Push-up + Modified Wall-Walk</p>
(225, 155lb) (102, 70kg)	(185, 125lb) (83, 56kg)	(225, 155lb) (102, 70kg)	(155, 105lb) (70, 47kg)

# WORKOUT FLOW

## ATHLETE A

- Athletes will start standing tall with their back to the barbell.
- At “go”, athletes will complete 21 deadlifts.
- Then, 7 [wall-walk + strict wall-facing handstand push-up].
  - Wall walk up, perform strict HSPU, wall walk down = 1 rep
- Then, 15 deadlifts.
- Then, 5 [wall-walk + strict wall-facing handstand push-up].
  - Wall walk up, perform strict HSPU, wall walk down = 1 rep
- Then, 9 deadlifts.
- Finally, 3 [wall-walk + strict wall-facing handstand push-up].
  - Wall walk up, perform strict HSPU, wall walk down = 1 rep
- The score is the time to complete.

## ATHLETE B

- Athletes will start standing tall with their back to the barbell.
- At “go”, athletes complete 21 deadlifts.
- Then, 9 wall-walks.
- Then, 15 deadlifts.
- Then, 7 wall-walks.
- Then, 9 deadlifts.
- Finally, 5 wall-walks.
- The score is the time to complete.

## ATHLETE C

- Athletes will start standing tall with their back to the barbell.
- At “go”, athletes complete 21 deadlifts.
- Then, 21 strict handstand push-ups.
- Then, 15 deadlifts.
- Then, 15 strict handstand push-ups.
- Then, 9 deadlifts.
- Finally, 9 strict handstand push-ups.
- The score is the time to complete.

## NOTES

- Athletes may receive assistance with the barbell.
- The camera may be moved during the gymnastics portion to clearly show the standards being met.
- Gymnastics grips are NOT permitted for this workout.

## SCORE

The score for this workout is the team's total cumulative time.

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.

**TIME CAP:** If an athlete time caps, they must assess a 10-second penalty for every incomplete repetition and add it to the 12-minute time cap.

### TIME CAP EXAMPLE

Athlete did not finish and was 13 reps short of completing the set.

#### PENALTY RULE

+10 seconds for every incomplete repetition.

#### CALCULATION

13 missed reps × 10 seconds = 130 seconds (2 minutes 10 seconds)

#### FINAL SCORE

12:00 (time cap) + 2:10 (penalty) = **14:10**

## TIEBREAK

Fastest individual time on any variation

## EQUIPMENT

- Tape to mark the floor
- 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.*

# MOVEMENT STANDARDS

## DEADLIFTS

- The rep begins with the barbell on the ground.
- The rep is completed and credited when the athlete's hips and knees are fully extended, and the shoulders are behind the barbell.
- During the movement:
  - The hands must be outside the knees; sumo deadlifts are NOT permitted.
  - Deliberately bouncing the barbell is NOT permitted.

## WALL WALK + WALL FACING HSPU

- 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.
    - Women, the distance from the wall to the tape is 55 inches.
    - Men, the distance is 60 inches.
  - This first line will be the start and finish line for each repetition.
  - Tape a second line that leaves 10 inches of space between the tape's far edge and the wall.
  - The tape line placed 10 inches from the wall must be 30 inches (76cm) in length and NO WIDER than 2 inches (5cm).
- The rep begins with the athlete lying down, the 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:
  - At the top, both hands must touch the tape line at the 10-inch mark before the athlete may descend into the Strict HSPU.
  - Any part of the hands or fingers may touch the tape line.
  - Both hands must remain on the designated tape line during the strict handstand pushup.
  - The head must make contact with the ground.
  - The athlete must return to the lockout position with hands on the tape line, only the toes on the wall, arms, hips, and legs fully extended; feet within the width of the hands and shoulders in line with the body.
  - Kipping is NOT permitted.
  - On the descent, the feet must remain on the wall until both hands are touching the 60/55-inch line.
- If one or both hands are not touching the tape line at any time, the repetition will not count, and the athlete will need to start again from the lockout position.
- 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 tape.
  - 30 inches (76cm) in length.
  - 2 inches (5cm) in width (no wider than this).

## 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 and the wall.
  - The tape line placed 10 inches from the wall must be 30 inches (76cm) in length and NO WIDER than 2 inches (5cm).
- The rep begins with the athlete lying down, the 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 remain on the tape line until both feet are on the wall.
  - At the top, 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.
  - On the descent, the feet must remain on the wall until both hands are touching the 60/55-inch 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)

## STRICT HSPU

- The rep begins with the athlete in the lockout position with hands on the tape line, only the heels on the wall, arms, hips, and legs fully extended; feet within the width of the hands and shoulders in line with the body.
- The rep is completed and credited when the athlete returns to the lockout position with hands on the tape line, only the heels on the wall, arms, hips, and legs fully extended; feet within the width of the hands and shoulders in line with the body.
- During the movement:
  - Athletes can get into and out of the handstand position in any fashion.
  - Both hands (any part, including the fingers) must touch and remain on the tape line at the 10-inch mark before the athlete may descend.
  - At the bottom, the head must make contact with the ground.
  - Only the heels can come into contact with the wall for the duration of the movement.
  - Kipping is NOT permitted.
- If one or both hands are not touching the tape line at any time, the repetition will not count, and the athlete will need to start again from the lockout position.
- 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).

## HANDSTAND PUSH-UP

- The rep begins with the athlete in the lockout position with hands on the tape line, only the heels on the wall, arms, hips, and legs fully extended; feet within the width of the hands and shoulders in line with the body.
- The rep is completed and credited when the athlete returns to the lockout position with hands on the tape line, only the heels on the wall, arms, hips, and legs fully extended; feet within the width of the hands and shoulders in line with the body.
- During the movement:
  - Athletes can get into and out of the handstand position in any fashion.
  - Both hands (any part, including the fingers) must touch and remain on the tape line at the 10-inch mark before the athlete may descend.
  - At the bottom, the head must make contact with the ground.
  - Only the heels can come into contact with the wall for the duration of the movement.
  - Kipping and/or strict is permitted.
- If one or both hands are not touching the tape line at any time, the repetition will not count, and the athlete will need to start again from the lockout position.
- 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).

## WALL WALKS (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 (139cm) tape line.
- During the movement:
  - The athletes 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, 2 inches wide, and 55 inches from the wall
  - 55 inches (139 cm) wall to INSIDE edge of tape
  - 30 inches (76 cm) in length
  - 2 inches (5cm) in width.

## **HAND RELEASE PUSH-UP + MODIFIED WALL WALK**

### **HAND RELEASE PUSH-UP (COMBINED WITH MODIFIED WALL WALK)**

- 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 in line with each other.
- The rep is completed and 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 in line with each other.
- During the movement:
  - The athlete's chest must clearly touch the ground
  - Both the athlete's hands must clearly come off the ground at the same time
- At the completion of the hand-release pushup, athletes will then complete a modified wall walk.
  - See below for the modified wall walk standard.

### **MODIFIED WALL WALK (COMBINED WITH HAND RELEASE PUSH UP)**

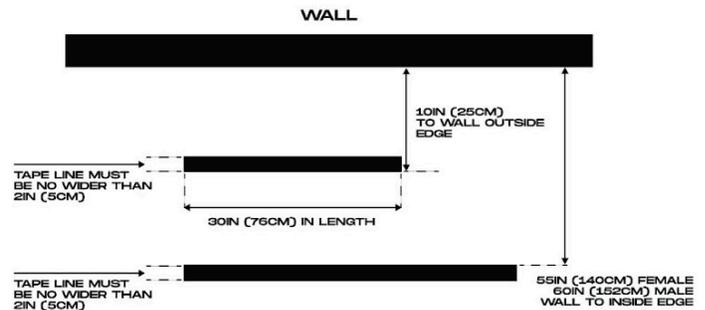
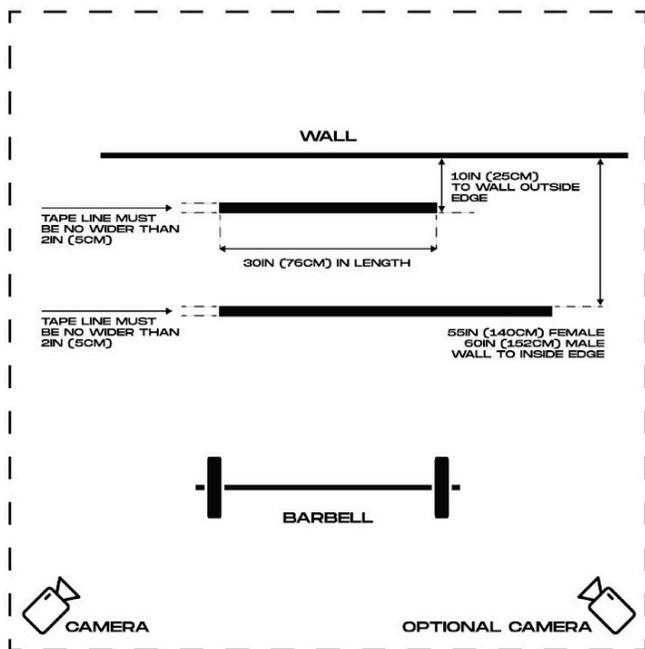
- The rep begins at the completion of the hand release pushup (top of the plank), the hands clearly in front of the 55-inch (139cm) tape line.
- During the movement:
  - The athletes walk up the wall until both hands are clearly on the other side of the 55-inch tape line. (no part of the hand touching 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, 2 inches wide, and 55 inches from the wall
  - 55 inches (139 cm) wall to INSIDE edge of tape
  - 30 inches (76 cm) in length
  - 2 inches (5cm) in width.

## **HAND RELEASE PUSH-UP**

- 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 in line with each other.
- The rep is completed and 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 in line with each other.
- During the movement:
  - The athlete's chest must clearly touch the ground.
  - Both the athlete's hands must clearly come off the ground at the same time.

## 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

ATHLETE A		ATHLETE B		ATHLETE C	
21 DEADLIFTS	21	21 DEADLIFTS	21	21 DEADLIFTS	21
7 WALL WALK + STRICT WALL FACING HSPU	28	9 WALL WALKS	30	21 STRICT HSPU	42
15 DEADLIFTS	43	15 DEADLIFTS	45	15 DEADLIFTS	57
5 WALL WALK + STRICT WALL FACING HSPU	48	7 WALL WALKS	52	15 STRICT HSPU	72
9 DEADLIFTS	57	9 DEADLIFTS	61	9 DEADLIFTS	81
3 WALL WALK + STRICT WALL FACING HSPU	60	5 WALL WALKS	66	9 STRICT HSPU	90
<b>TOTAL TIME</b>		<b>TOTAL TIME</b>		<b>TOTAL TIME</b>	

### SCORING IF TIME CAPPED

IF TIME CAPPED, TOTAL MISSED REPS =

MISSED REPS X 0:10 PENALTY =

12:00 (TIME CAP) + \_\_\_\_\_ (PENALTY) = FINAL TIME

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

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME



## INTERMEDIATE/OPEN & MASTERS

ATHLETE A		ATHLETE B		ATHLETE C	
21 DEADLIFTS	21	21 DEADLIFTS	21	21 DEADLIFTS	21
9 WALL WALKS	30	21 HSPU	42	9 STRICT HSPU	30
15 DEADLIFTS	45	15 DEADLIFTS	57	15 DEADLIFTS	45
7 WALL WALKS	52	15 HSPU	72	7 STRICT HSPU	52
9 DEADLIFTS	61	9 DEADLIFTS	81	9 DEADLIFTS	61
5 WALL WALKS	66	9 HSPU	90	5 STRICT HSPU	66
<b>TOTAL TIME</b>		<b>TOTAL TIME</b>		<b>TOTAL TIME</b>	

### SCORING IF TIME CAPPED

IF TIME CAPPED, TOTAL MISSED REPS =	
MISSED REPS X 0:10 PENALTY =	
12:00 (TIME CAP) + _____ (PENALTY) = FINAL TIME	

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

ATHLETE NAME \_\_\_\_\_

ATHLETE SIGNATURE \_\_\_\_\_

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



## MODIFIED

ATHLETE A		ATHLETE B		ATHLETE C	
21 DEADLIFTS	21	21 DEADLIFTS	21	21 DEADLIFTS	21
9 MODIFIED WALL WALKS	30	21 HAND RELEASE PUSH UPS	42	12 HAND RELEASE PUSH UP + MODIFIED WALL WALK	33
15 DEADLIFTS	45	15 DEADLIFTS	57	15 DEADLIFTS	48
7 MODIFIED WALL WALKS	52	15 HAND RELEASE PUSH UPS	72	9 HAND RELEASE PUSH UP + MODIFIED WALL WALK	57
9 DEADLIFTS	61	9 DEADLIFTS	81	9 DEADLIFTS	66
5 MODIFIED WALL WALKS	66	9 HAND RELEASE PUSH UPS	90	6 HAND RELEASE PUSH UP + MODIFIED WALL WALK	72
<b>TOTAL TIME</b>		<b>TOTAL TIME</b>		<b>TOTAL TIME</b>	

### SCORING IF TIME CAPPED

IF TIME CAPPED, TOTAL MISSED REPS =	
MISSED REPS X 0:10 PENALTY =	
12:00 (TIME CAP) + _____ (PENALTY) = <b>FINAL TIME</b>	

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

\_\_\_\_\_  
ATHLETE NAME

\_\_\_\_\_  
ATHLETE SIGNATURE

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



# 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?