

WORKOUT 4

The Other Total

1 clean
1 bench press
1 overhead squat

Time cap: 30 minutes

NOTES

Prior to starting, athletes must set up the competition area as shown in the floor plan.

This workout begins with the athlete standing near their pre-loaded barbell. After the call of "3, 2, 1... go," the athlete may make as many attempts at a 1-rep-max clean as desired. Then the athlete will make as many attempts at a 1-rep-max bench press as desired. Finally, the athlete will make as many attempts at a 1-rep-max overhead squat as desired.

Once the first clean attempt has been declared and attempted, the lifts **MUST** be completed in order (clean, bench press, overhead squat). Once an athlete completes a bench press repetition (including any warm-up sets), they may not make another attempt at the clean. Once an athlete has completed an overhead squat repetition (including any warm-up sets), they may not make another attempt at the bench press.

Athletes may use only a single barbell and a single rack. They may receive assistance loading their barbell.

All attempts must be completed **BEFORE** the 30-minute time cap. Any attempt where the athlete is still in motion after the 30-minute cap will not count.

The athlete's score will be the sum of the best successfully completed clean, bench press, and overhead squat in pounds. Carefully review the Equipment Section for specific instructions regarding score calculation. All athletes **MUST** follow these instructions.

There is no tiebreak for this workout.

EQUIPMENT

- Barbell (35/45 lb, or 15/20 kg)
 - ****Note:** For this workout a 15-kg bar **MUST** be totaled as 33 lb. A 20-kg bar **MUST** be totaled as 44 lb.
- Squat rack
- Flat bench
- Bumper plates*
- Collars

*The official weight must be recorded 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

See more instructions about using equipment measured in kilograms on the next page.

Any weight increases using change plates must result in a whole number (no decimal points). Collars cannot be included in the total weight.

For each workout, be sure the athlete has adequate space to safely complete all the 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.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a $\frac{3}{4}$ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet (90 cm) off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the workout.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

REQUIREMENTS FOR USING EQUIPMENT MEASURED IN KILOGRAMS

Athletes using any piece of equipment measured in kilograms must use the following conversion chart for each piece **BEFORE** the weight is totaled. This includes athletes using a barbell measured in kilograms with plates measured in pounds.

Then round the sum to the nearest whole pound (.5 and up round up, .4 and below round down).

Calculating total load:

Example 1:

Barbell is 20 kg → 44 lb
Two 45 lb plates → 90 lb

TOTAL → 134 lb
Enter 134 lb on scorecard.

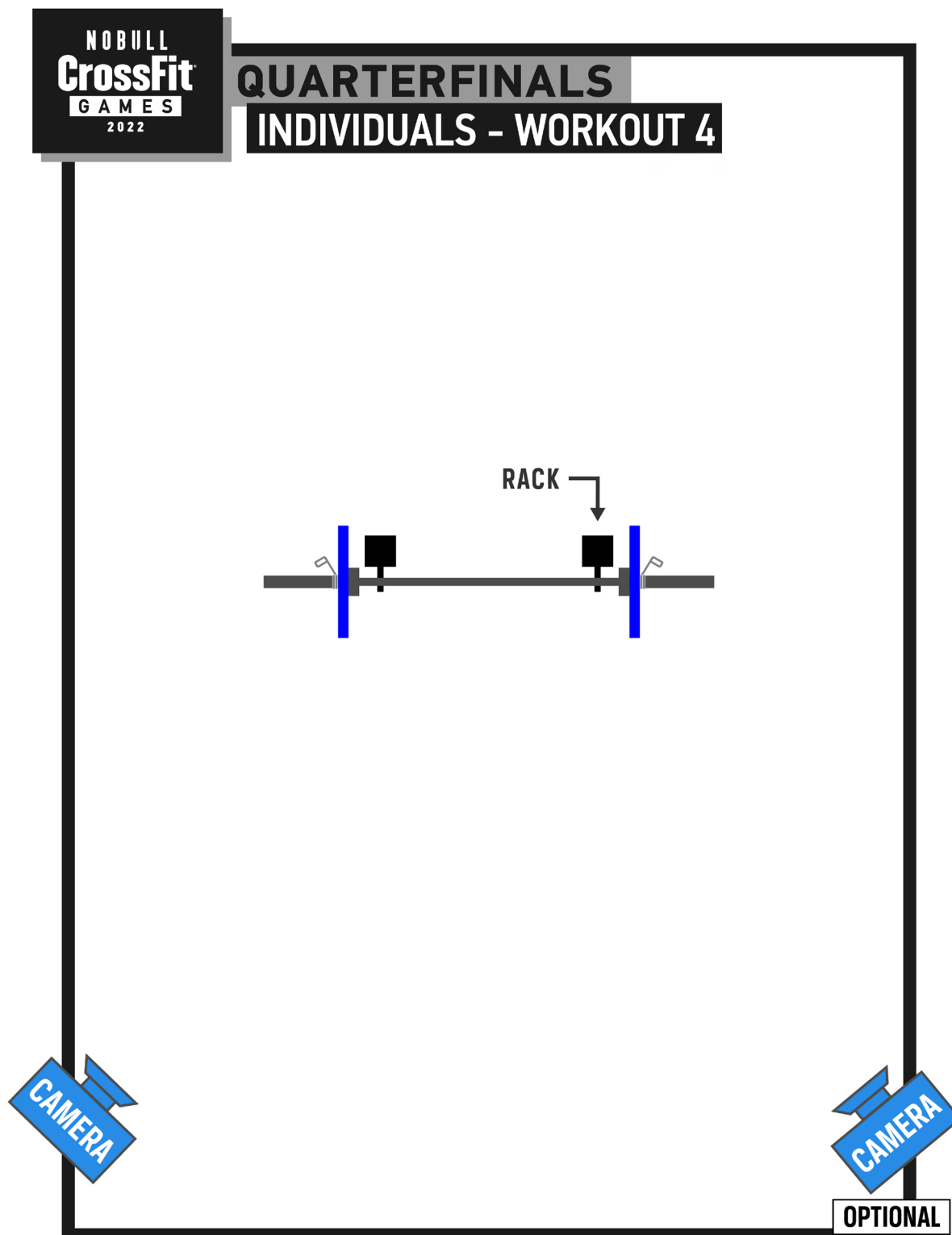
Example 2:

Barbell is 15 kg → 33 lb
Two 20 kg plates → 88 lb
Two 0.5 kg plates → 2.2 lb

TOTAL → 123.2 lb
123.3 lb rounds down to 123 lb
Enter 123 lb on scorecard.

This table will be used in all instances when determining scores for this workout.

KILOGRAMS (KG)	POUNDS (LB)
0.5	1.0
1.0	2.2
1.5	3.3
2.0	4.4
2.5	5.5
5	11
10	22
15	33
20	44
25	55



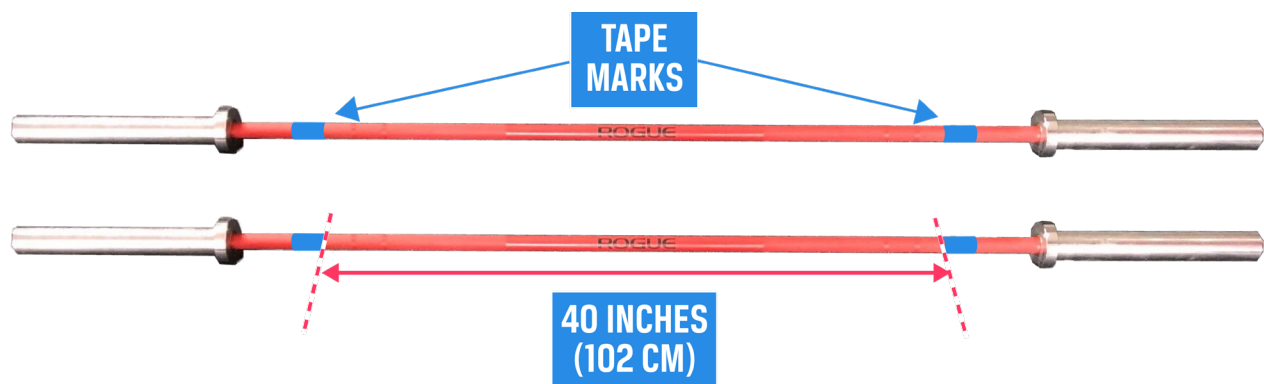
MOVEMENT STANDARDS

CLEAN



- The barbell starts on the ground.
- Collars must be placed outside the plates during all attempts.
- Athletes **MUST** declare the load they are attempting before starting the lift.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.
- The rep is credited when the athlete's hips and knees reach full extension, the feet are in line, and the bar is supported in the front-rack position.
- After finishing the final lift, remove and film all plates used on the bar to verify the load.

BENCH PRESS



- Athletes may use any available flat bench.
- Athletes may place bumper plates under their feet.
- Athletes may **NOT** floor press or use a bench with any incline or decline.
- Athletic tape on the bar must be used to establish a 40-in (102-cm) width.
- No part of the athlete's hands may be wider than 40 in (102 cm).
- If any part of the athlete's hand makes contact with the tape at any point, the attempt will not count.
- The athlete must use a standard, pronated grip. The thumb must be wrapped around the bar.
- Collars **MUST** be placed outside the plates during all attempts.
- Athletes **MUST** declare the load they are attempting before starting to lift.

MOVEMENT STANDARDS

BENCH PRESS (CONTINUED)



- Each attempt starts with full extension of the arms.
- Before lowering, the athlete must pause with the arms clearly extended and the bar over their torso.
- A spotter may be used to assist with a lift out of the rack. The spotter's hands must be clearly off the bar before the bar is lowered.
- Both feet must remain on the floor (or bumper plates) throughout the entire rep.
- The shoulders and buttocks must remain in contact with the bench throughout the rep.
- During the lift, if the feet come off the floor (or bumper plates) at any point, or the shoulders and/or buttocks come off the bench, the attempt will not count.



- The bar must make contact with any part of the torso at the bottom.
- The athlete may **NOT** pause or rest with the bar on the torso.

MOVEMENT STANDARDS

BENCH PRESS (CONTINUED)



- The rep counts when the arms return to full extension with the bar over the athlete's torso.
- The athlete must pause briefly with the bar at full extension before the bar is reracked.
- The spotter may help the athlete return the bar to the rack only after the athlete's arms have reached full extension. Spotters should be mindful to allow the brief pause at extension **BEFORE** assisting the athlete to the rack.
- If the spotter touches the bar at any point before the lockout position is achieved, it is an immediate no rep and the bar must be returned to the rack.
- After finishing the final lift, remove and film all plates used on the bar to verify the load.

OVERHEAD SQUAT



- Collars must be placed outside the plates during all attempts.
- Athletes **MUST** declare the load they are attempting before starting to lift.
- Squat racks are permitted.
- Athletes may place the bar in the front or back rack and jerk the bar overhead before starting the descent of the lift.
- Athletes may **NOT** unrack the bar in the overhead position.
- A snatch balance is not permitted.
- Once the bar is in the overhead position, the athlete's hip crease must pass below the tops of their knees at the bottom.

MOVEMENT STANDARDS

OVERHEAD SQUAT (CONTINUED)



- The barbell must remain overhead until the lockout position is achieved.
- The rep is credited when the athlete's hips, knees, and arms are fully extended and the bar is directly over or slightly behind the middle of the body.
- If any part of the athlete's body other than their hands makes contact with the bar, the rep will not count.
- After finishing the final lift, remove and film all plates used on the bar to verify the load.



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WORKOUT 4

The Other Total

1 clean

1 bench press

1 overhead squat

Time cap: 30 minutes

	CLEAN		BENCH PRESS		OVERHEAD SQUAT	
ATTEMPT 1						
ATTEMPT 2						
ATTEMPT 3						
ATTEMPT 4						
ATTEMPT 5						
HEAVIEST SUCCESSFUL LIFT		+		+		=
						TOTAL IN POUNDS

Athlete Name _____
Print

Total in Pounds _____

Workout Location _____

Judge _____
Judge Name

Has judge passed CrossFit's
Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Athlete Signature Date

Athlete Copy

QUARTERFINALS - INDIVIDUALS - WORKOUT 4

Athlete Name _____
Print

Total in Pounds _____

Workout Location _____

Judge _____
Judge Name

Has judge passed CrossFit's
Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout. _____
Judge Signature Date