

WORKOUTS 4A AND 4B

WORKOUT 4A:

As many rounds and reps as possible in 10 minutes of:

5 hang clean and jerks

10 back squats

15 toes-to-bars

♀ 80 lb (36 kg)

♂ 115 lb (52 kg)

WORKOUT 4B:

Immediately following Workout 4a, athletes will have 5 minutes to establish:

1-rep-max clean

WORKOUT VARIATIONS

Rx'd:

♀ 80 lb (36 kg)

♂ 115 lb (52 kg)

Scaled:

♀ 60 lb (27 kg), hanging knee raises

♂ 85 lb (38 kg), hanging knee raises

QUICK START

- Start standing tall with your back to the barbell.
- At “go,” turn around, pick up the bar, and complete 5 hang clean and jerks.
- Then, place the bar on your back and complete 10 back squats.
 - After the final hang clean and jerk, you may place the bar in a rack to reposition the bar for the back squats.
 - After the final back squat, you may place the bar in the rack.
- Then, move to the pull-up bar and complete 15 toes-to-bars.
- Repeat this sequence for the remainder of 10 minutes.
- Your score will be the total reps completed in 10 minutes.
- Immediately after 10 minutes elapses for 4a, the 5 minutes for 4b begins.
- Taking as many attempts as needed, complete a 1-rep-max clean.
- Your score will be the heaviest, successfully completed clean, recorded in pounds.
 - You may take as many attempts as needed.
 - You may increase or decrease the weight at any time.
 - Any repetition that has left the ground before the time cap and is successfully completed **WILL** count.

NOTES

- Use a running timer for both workouts, counting up to 15 minutes.
- There is no transition time between 4a and 4b.
 - 0-10 minutes = 4a
 - 10-15 minutes = 4b
- Workout 4a and 4b must be completed together. You may not combine separate attempts. If the workout is completed multiple times, both scores must reflect the same 15-minute session (e.g., you cannot submit a score from 4a that you completed on a Monday and a score from 4b that you completed on a Tuesday).
- Athletes cannot receive any assistance loading the barbell for the 1-rep-max clean.
- The barbell must be placed at least 5 feet from the pull-up bar.

TIEBREAK

- There is no tiebreak for 4a. In the event of a tie on 4b, the athlete who performed more reps in 4a will win the tie.

EQUIPMENT

- Barbell
 - Men must use a 45-lb (20-kg) bar
 - Women must use a 35-lb (15-kg) bar
- Rack (optional)
- Plates
 - During 4b (1RM clean) the minimum loading increment is 5 lb (2.5-lb change plates). No smaller plates will be allowed.
- Collars
- Pull-up bar
- Tape, cones, or any other object should be used to indicate the barbell is placed 5 feet away from the pull-up bar.

Refer to the [2025 CrossFit Everyday Hero Service Cup Rulebook](#) for complete video submission standards.

COMMON BARBELL LOAD CONVERSIONS:

POUNDS (LB)	KILOGRAMS (KG)
55	25
65	29
75	34
85	38
95	43
100	45
105	47
115	52
125	56
135	61
145	66
155	70
165	75
175	79
185	83
195	88
205	93
215	98
225	102

POUNDS (LB)	KILOGRAMS (KG)
235	106
245	111
255	115
265	120
275	125
285	129
295	134
305	138
315	143
325	147
335	152
345	156
355	161
365	165
375	170
385	175
395	179
405	184

MOVEMENT STANDARDS

HANG CLEAN AND JERK

REQUIREMENTS



1. The barbell must be below the hips with the arms extended at the beginning of each rep.
 - A clean from the ground is allowed, but not required, to start a set.
2. The bar must be brought to the rack position (a snatch is not allowed).
 - There is **NO** requirement to reach hip/knee extension in the clean before beginning the overhead lift.
3. Any style of overhead lift from the rack position is allowed. The rep is credited when:
 - Knees, hips, and elbows are fully extended.
 - The bar is in line with, or behind, the middle of the body when viewed from the side.
 - Both feet are in line.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Lowering the barbell before fully extending the hips, knees, or arms.



- ✗ Lowering the barbell before the feet have returned in line.



- ✗ Finishing with the bar in front of the body.

NOTE: In the event of a no-rep for any reason at any time, the entire hang clean and jerk **MUST** be repeated.

MOVEMENT STANDARDS

BACK SQUAT

REQUIREMENTS



1



2



3

1. The bar must be placed on the back.
2. The athlete's hip crease must **CLEARLY** pass below the top of the knees in the bottom position.
3. The rep is credited when:
 - The athlete's hips and knees are fully extended.
 - The bar is resting on the athlete's shoulders.
 - The athlete's feet are in line with one another when the athlete is viewed from profile.
 - Athletes **MUST** reach full hip and knee extension **BEFORE** racking the barbell.

NOTES:

- After the final hang clean and jerk, you may place the bar in a rack to reposition the bar for the back squats.
- After the final back squat, you may place the bar in the rack.

COMMON NO-REPS

NOTE: This list is not exhaustive.



✗ Not squatting deep enough.



✗ Not standing to full extension of the hips and/or knees.

ADDITIONAL:

- ✗ Dropping or racking the bar before full extension.
- ✗ Receiving assistance with the barbell.

MOVEMENT STANDARDS

TOES-TO-BAR

REQUIREMENTS



1. Athletes begin hanging from the pull-up bar with arms extended.
 - The heels must be brought back behind the vertical plane of the bar.
 - Overhand, underhand, or mixed grips are all permitted.
2. The rep is credited when both feet contact the bar between the hands at the same time.
 - Any part of the feet may make contact with the bar.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Only one foot contacting the pull-up bar, or both feet not contacting at the same time.



- ✗ Not contacting the pull-up bar with the feet.



- ✗ Heels remaining in front of the vertical plane of the pull-up bar at the start of the rep.

ADDITIONAL:

- ✗ Contacting the pull-up bar outside the hands.

MOVEMENT STANDARDS

SCALED: HANGING KNEE RAISES

REQUIREMENTS



1



2

1. Begin by hanging from the pull-up bar with arms extended and the heels behind the bar.
 - Overhand, underhand, or mixed grips are all permitted.
2. The rep is credited when the athlete's knees rise above the hips.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ❌ Heels remaining in front of the vertical plane of the pull-up bar at the start of the rep.



- ❌ Not bringing the knees above the hips.

MOVEMENT STANDARDS

CLEAN

REQUIREMENTS



1



2



3

1. Start each rep with the bar on the ground.
2. The bar must be lifted to the shoulders.
 - Any style of clean, except a hang clean, is permitted.
3. The rep is credited when the bar is on the shoulders and:
 - Hips and knees are extended.
 - Feet are in line.
 - Elbows are in front of the bar when viewed from profile.

NOTES:

- The minimum loading increment is 5 lb (2.5-lb change plates). No smaller plates may be used.
- Athletes cannot receive any assistance loading the barbell.

COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ Lowering the barbell before fully extending the hips and knees.



- ✗ Not bringing the elbows in front of the bar.

ADDITIONAL:

- ✗ Receiving assistance loading the barbell.

WORKOUT 4A

As many rounds and reps as possible in 10 minutes of:

5 hang clean and jerks

10 back squats

15 toes-to-bars

♀ 80 lb (36 kg)

♂ 115 lb (52 kg)

WORKOUT VARIATIONS

Rx'd:

♀ 80 lb (36 kg)

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Scaled:

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WORKOUT TIMELINE

0-10 minutes = Workout 4a

10-15 minutes = Workout 4b

	5 HANG CLEAN AND JERKS	10 BACK SQUATS	15 TOES-TO-BARS
ROUND 1	5	15	30
ROUND 2	35	45	60
ROUND 3	65	75	90
ROUND 4	95	105	120
ROUND 5	125	135	150
ROUND 6	155	165	180
ROUND 7	185	195	210
ROUND 8	215	225	240
ROUND 9	245	255	270
ROUND 10	275	285	300

Judge _____
Judge Name

Reps at 10 Min. _____

☐ Rx'd ☐ Scaled

Athlete _____
Athlete Name

Athlete Signature

Athlete Copy

CROSSFIT EVERYDAY HERO SERVICE CUP - WORKOUT 4A

Reps at 10 Min. _____ ☐ Rx'd ☐ Scaled

Athlete Name _____
Print

Workout Location _____ Date _____

Judge _____
Judge Name

Judge Signature



WORKOUT 4B

Immediately following Workout 4a, athletes will have 5 minutes to establish:

1-rep-max clean

WORKOUT TIMELINE

0-10 minutes = Workout 4a

10-15 minutes = Workout 4b

	LOAD (WEIGHT IN POUNDS)
ATTEMPT 1	
ATTEMPT 2	
ATTEMPT 3	
ATTEMPT 4	
ATTEMPT 5	
ATTEMPT 6	
ATTEMPT 7	
ATTEMPT 8	

Judge _____
Judge Name

Athlete _____
Athlete Name

Tiebreak (score from 4a) _____

Heaviest Load (in Pounds) _____

Athlete Signature

Athlete Copy

CROSSFIT EVERYDAY HERO SERVICE CUP - WORKOUT 4B

Heaviest Load (in Pounds) _____

Athlete Name _____
Print

Tiebreak (score from 4a) _____

Workout Location _____ Date _____

Judge _____
Judge Name

Judge Signature

