

## WORKOUT 4

For time:

1,000-meter row

30 clean and jerks

1,000-meter row

30 strict handstand push-ups

**Time cap: 20 minutes**

♀ 95 lb (43 kg)

♂ 135 lb (61 kg)

## WORKOUT VARIATIONS

### Individuals, 16-54 age-group divisions

♀ 95 lb (43 kg)

♂ 135 lb (61 kg)

### Teenagers 14-15 age group division

♀ 65 lb (29 kg)

♂ 95 lb (43 kg)

### Masters 55-59 age-group division

♀ 85 lb (38 kg), strict handstand push-ups to a 2-inch riser

♂ 115 lb (52 kg), strict handstand push-ups to a 2-inch riser

### Masters 60-64 age-group division

♀ 75 lb (34 kg), strict handstand push-ups to a 2-inch riser

♂ 105 lb (47 kg), strict handstand push-ups to a 2-inch riser

### Masters 65+ age-group divisions

♀ 65 lb (29 kg), strict handstand push-ups to a 2-inch riser

♂ 95 lb (43 kg), strict handstand push-ups to a 2-inch riser

## QUICK START

- Start seated on the rower with hands off of the paddle.
- At "go," complete 1,000 meters of rowing.
- Then, move to the barbell and complete 30 clean and jerks.
- The barbell must be placed at least 5 feet from the rower.
- After completing 30 clean and jerks, move back to the rower and complete the second 1,000-meter row.
- Then, move to the wall, and complete 30 strict handstand push-ups.
- Time stops at lockout of the final strict handstand push-up.
- Your score will be the total time taken to complete the workout.

## NOTES

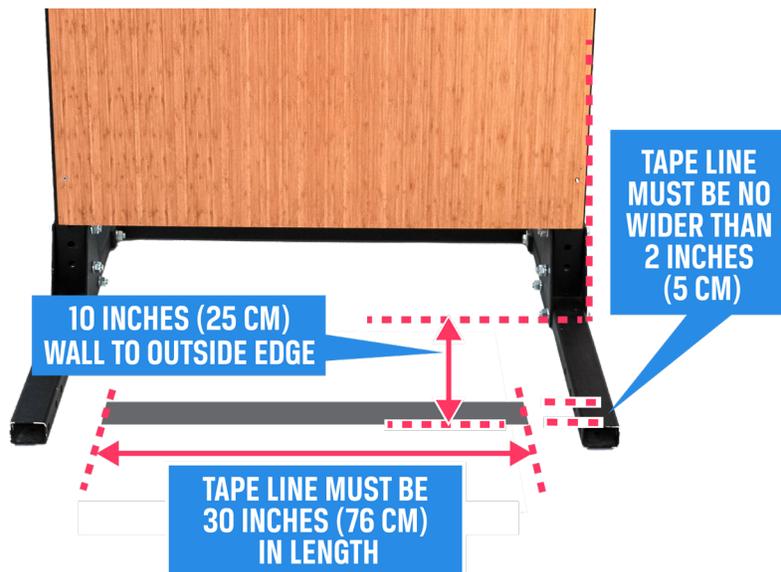
- Gymnastics grips are not allowed during this workout.
- The rower must be 5 feet (1.5 meters) from the barbell and handstand push-up wall.
- Athletes may NOT receive any assistance managing/moving their barbell.
- Athletes MAY receive assistance resetting the rower to 0.
- If the time cap is reached during the row, every 100 meters (rounded down, when the rower comes to rest) = 1 rep
  - Example: 287 meters = 2 reps

## TIEBREAK:

- A tiebreak will be taken after each 1,000-meter row. The **LAST** completed row will be your tiebreak time.
- Athletes who reach the time cap will enter their tiebreak time. In the event of a tie on reps completed, the athlete with the faster time will win the tiebreak.
- Athletes who complete the workout will not enter a tiebreak time.

## EQUIPMENT

- Rogue Echo rower or Concept2 rower (no other brands are permitted)
  - Tape **MUST** be used to indicate the rower is 5 feet from the barbell and handstand push-up wall.
- Barbell
  - Men are required to use a 45-lb (20-kg) barbell.
  - Women are required to use a 35-lb (15-kg) barbell.
- Bumper plates
- Must be standard bumper plates 18 inches (45 centimeters) in diameter.
- Collars
- Handstand push-up wall
  - Set up a 30-inch tape line 10 inches from the wall to the outside edge of the line.
  - If the head and hands are on different surfaces, the surfaces must be level (e.g., if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates).



Refer to APPENDIX D in the [2026 CrossFit Games Rulebook](#) for complete equipment details and video submission standards.

SHOP ROGUE GEAR



## MOVEMENT STANDARDS

### ROW

#### REQUIREMENTS



1. The monitor must be set to 0 at the beginning of each row.
  - The monitor must count UP to the designated distance.
  - Any damper setting may be used.
2. Remain seated until the monitor clearly reads 1,000 meters.

**NOTE:** Athletes **MAY** receive assistance resetting the rower to 0 before beginning each row.

If the time cap is reached during the row, every 100 meters (rounded down, when the rower comes to rest) = 1 rep

Example: 287 meters = 2 reps

#### COMMON NO-REPS

**NOTE:** This list is not exhaustive.

- ✗ Standing up from the rower prior to reaching 1,000 meters.
- ✗ Starting the final round without resetting the monitor to 0.
- ✗ Placing the rower closer than 5 feet to the barbell or the handstand push-up wall.

**MOVEMENT STANDARDS**

**CLEAN AND JERK**

**REQUIREMENTS**



1. Each rep starts with the bar on the ground.
2. The bar must be lifted to the shoulders, then locked out overhead (no snatches).
  - Any style of clean, except a hang clean, is permitted.
  - Full extension of the hips and legs is **NOT** required after receiving the clean before starting the overhead lift.
3. Any style of overhead lift is acceptable (press, push press, or jerk/split jerk).
4. The rep is credited when:
  - Hips, knees, and arms are extended.
  - The feet are in line.
  - The bar is over or behind the middle of the body when viewed from the side.

**NOTES:**

- The barbell must remain at least 5 feet away from the rower for safety.

**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.
- ✘ Bouncing the barbell between consecutive repetitions.

**NOTE:** In the event of a no-rep for any reason at any time, the entire clean and jerk **MUST** be repeated. A missed overhead lift may **NOT** be reattempted from the front-rack position.

**MOVEMENT STANDARDS**  
**STRICT HANDSTAND PUSH-UP**

**REQUIREMENTS**



1. Each rep begins and ends in the lockout position with:

- Both hands touching the tape line. Any portion of the hands may be touching the line (fingers **OK**).
- Heels against the wall.
- Both arms fully extended and shoulders in line with the body. The arms must be fully extended and in line with the body before descending.

2. At the bottom, the head must make contact with the ground.

- The head does **NOT** need to touch the tape line.

3. Each rep is credited when the athlete returns to the lockout position with:

- Heels on the wall.
- Arms, hips, and legs fully extended.
- Shoulders in line with the body.

**NOTE:** The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep.

### MOVEMENT STANDARDS

#### COMMON NO-REPS

NOTE: This list is not exhaustive.



- ✗ One or both hands coming off the designated tape line at **ANY TIME**.



- ✗ Not reaching the correct finishing position:
  - Arms not extended.
  - Hips not extended.
  - Shoulders not in line with the body.



- ✗ Feet wider than the width of the hands at lockout.

#### ADDITIONAL:

- ✗ Kipping or any assistance with the hips/legs.

### STRICT HANDSTAND PUSH-UP TO A RISER (55+ DIVISIONS ONLY)

#### REQUIREMENTS



1



2



- Set up a 2-inch riser, as shown.
- The start and end positions are the same as described for the handstand push-up.
  - The athlete must touch their head to the riser before returning to the finish position.

#### COMMON NO-REPS

NOTE: This list is not exhaustive.

- ✗ Using a riser greater than 2 inches.
- ✗ Any of the no-reps outlined in the strict handstand push-up section above.

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- ♂ 135 lb (61 kg)

<b>1,000-METER ROW</b>	10	
<b>30 CLEAN AND JERKS</b>	40	TIME
<b>1,000-METER ROW</b>	50	
<b>30 STRICT HANDSTAND PUSH-UPS</b>	80	TIME

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- ♂ 95 lb (43 kg), strict handstand push-ups to a 2-inch riser

Time or Reps at 20 Min. \_\_\_\_\_

Judge \_\_\_\_\_  
Judge Name

Tiebreak Time \_\_\_\_\_

Athlete \_\_\_\_\_  
Athlete Name

\_\_\_\_\_  
Athlete Signature

Athlete Copy

### QUARTERFINALS - INDIVIDUAL & AGE-GROUP DIVISIONS - WORKOUT 4

Time or Reps at 20 Min. \_\_\_\_\_

Tiebreak Time \_\_\_\_\_

Athlete Name \_\_\_\_\_  
Print

Affiliate \_\_\_\_\_

Date \_\_\_\_\_

Judge \_\_\_\_\_  
Judge Name

\_\_\_\_\_  
Judge Signature

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SCAN TO SUBMIT SCORE

