



MASTERS QUALIFIER

17:00 PT THUR, APRIL 21 THROUGH 17:00 PT MON, APRIL 25

Presented by



Event 4 Workout (40-54)

(Masters Men 40-44, Masters Men 45-49, Masters Men 50-54,
Masters Women 40-44, Masters Women 45-49, Masters Women 50-54)

For time:

55 burpees
34 overhead squats
21 muscle-ups

Men use 95 lb.

Women use 65 lb.

Time Cap: 20 minutes

Event 4 Workout (55-59)

(Masters Men 55-59, Masters Women 55-59)

For time:

55 burpees
34 overhead squats
21 ring dips

Men use 75 lb.

Women use 55 lb.

Event 4 Workout (60+)

(Masters Men 60+, Masters Women 60+)

For time:

55 burpees
34 overhead squats
21 ring dips

Men use 65 lb.

Women use 45 lb. *2nd bar required for burpees.

NOTES

This workout begins with the barbell on the ground and the athlete standing tall. At the call of "3, 2, 1 ... go," the athlete will perform 55 burpees, jumping over the barbell on each repetition. They will then pick up the barbell and perform 34 overhead squats before moving on to the rings for 21 muscle-ups.

Every second counts in this workout. The workout ends when both arms are locked out at the top of the final rep of the muscle-ups.

Your score will be the time it takes to complete all 110 repetitions. Time will be recorded in full seconds. Do not round up. If you finish in 12:49.8, your score is 12:49. **There is a 20-minute time cap for this workout.**

Minimum Work Requirement

This workout includes a minimum work requirement. **To be eligible to advance to the Games, an athlete will need to complete at least 7 muscle-ups (or ring dips for 55+) within the time cap for this event.**

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

EQUIPMENT

- Barbell
- Collars
- Standard-sized, 18-inch plates to load the barbell to the appropriate weight for your division
- Set of gymnastic rings hung so you can successfully perform a muscle-up

* If you do not use standard-sized bumper plates on the barbell, you will also need a second barbell set with standard-sized bumper plates to jump over for the burpees.

Be sure the athlete has adequate space to safely complete the workout. 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.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 34 kg (75 lb.), 29 kg (65 lb.), 25 kg (55 lb.) and 20 kg (45 lb.).

MOVEMENT STANDARDS

BURPEES



Each burpee must be performed perpendicular to and facing the barbell. The athlete's head cannot be over the barbell. The chest and thighs must touch the ground at the bottom.



The athlete must jump over the barbell from both feet and land on both feet. One-footed jumping, landing or stepping over is not permitted. If standard-sized bumper plates are not used on the overhead squat, or your division allows for an empty barbell, a separate barbell loaded with standard-sized bumper plates must be set up to jump over during the burpees.



The next rep will begin on the opposite side facing the barbell.

OVERHEAD SQUAT



For the overhead squat, the hip crease must be below the top of the knees in the bottom position. A full squat snatch is permitted but not required to start the movement if standard depth is achieved.



The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body. Use of a rack is not permitted.

MUSCLE-UP



In the muscle-up, the athlete must begin with, or pass through, a hang below the rings with arms fully extended (with or without a 'false grip') and both feet off the ground.



At the top, the elbows must be fully locked out while the athlete supports himself or herself above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. The heels may not rise above the bottom of the rings during the kip. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required. Athletes must pass through some portion of a dip to lockout over the rings.



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MOVEMENT STANDARDS

RING DIP (MASTERS 55+ ONLY)



The dip begins and ends with the athlete in a support position above the rings with the elbows fully locked out. Kipping the dip is acceptable.



In the bottom position, the shoulder must pass below the top of the elbow and the hips must travel below the rings. If the hips remain in-line horizontally with the rings, it is a no rep.



MASTERS QUALIFIER SCORECARD (ALL)

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Event 4 Workout

For time:
55 burpees
34 overhead squats
21 muscle-ups

Time Cap: 20 minutes

Event 4 Variations

40-44: For time: 55 burpees, 34 overhead squats, 21 muscle-ups

Masters Men use.....95 lb.

Masters Women use.....65 lb.

45-49: For time: 55 burpees, 34 overhead squats, 21 muscle-ups

Masters Men use.....95 lb.

Masters Women use.....65 lb.

50-54: For time: 55 burpees, 34 overhead squats, 21 muscle-ups

Masters Men use.....95 lb.

Masters Women use.....65 lb.

55-59: For time: 55 burpees, 34 overhead squats, 21 ring-dips

Masters Men use.....75 lb.

Masters Women use.....55 lb.

60+: For time: 55 burpees, 34 overhead squats, 21 ring-dips

Masters Men use.....65 lb.

Masters Women use.....45 lb.

*2nd bar required for burpees

ROUND	REPS	
55 BURPEES		55
34 OVERHEAD SQUATS		89
21 MUSCLE-UPS		110

ATHLETE NAME _____
Print

TIME: _____
☐ **CAPPED** _____

AFFILIATE _____ **JUDGE NAME** _____
Name of Affiliate Print

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

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

TIME: _____
☐ **CAPPED** _____

AFFILIATE _____ **JUDGE NAME** _____
Name of Affiliate Print

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