



WORKOUT 13.4 17:00 PT Wed, Mar 27 through 17:00 PT Sun, Mar 31



WORKOUT Complete as many reps as possible in 7 minutes following the rep scheme below:

3 Clean and jerk 3 Toes-to-bar 6 Clean and jerk 6 Toes-to-bar 9 Clean and jerk 9 Toes-to-bar 12 Clean and jerk 12 Toes-to-bar 15 Clean and jerk 15 Toes-to-bar 18 Clean and jerk 18 Toes-to-bar... This is a timed workout. If you complete the round of 18, go on to 21. If you complete 21, go on to 24, etc.	Men <small>Includes Masters Men up to 54 years old</small>	Women <small>Includes Masters Women up to 54 years old</small>
	Clean and jerk (135 lbs) Toes-to-bar	Clean and jerk (95 lbs) Toes-to-bar
	Masters Men <small>Includes Masters Men 55+</small>	Masters Women <small>Includes Masters Women 55+</small>
	Clean and jerk (115 lbs) Toes-to-bar	Clean and jerk (65 lbs) Toes-to-bar

NOTES

Please be sure to watch the entire [workout instruction video](#) for full details.

This workout begins from the standing position with the barbell on the floor and the Athlete standing tall. Every rep counts in this workout. You will enter your score as the total number of reps. See the Scorecard for assistance in calculating the rep total.

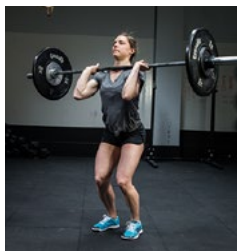
MOVEMENT STANDARDS



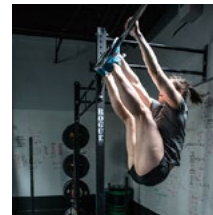
Barbell Starting Position
The barbell begins on the ground. Touch and go is permitted. No bouncing.



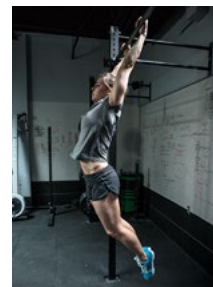
Overhead Position
A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. If the jerk is missed but brought back to the front rack, the Athlete may re-attempt the jerk from there without taking the barbell back to the floor.



Midpoint
The barbell must make contact with the shoulders, such that the lift is in two distinct phases, the clean, and then the jerk. Snatching is not permitted.



Toes-to-bar Touch
In the toes-to-bar, the Athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands.



Toes-to-bar Hang
The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

EQUIPMENT

To complete this workout you will need:

- A barbell that is loaded to the appropriate weight for your division
- A pull-up bar

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 61 kg for the Men, 43 kg for the Women, 52 kg for the Masters Men, 29 kg for the Masters Women.

VIDEO SUBMISSION STANDARDS

Click [here](#) to see an example of a valid video submission.

Prior to starting, film the plates and barbell to be used so the loads can be clearly seen. 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 the side so it is clear that the barbell is locked out overhead, and the feet can be seen behind the plane of the bar at the bottom, and in contact with the bar at top.



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SCORECARD Complete as many reps as possible in 7 minutes of:
 Clean and jerk
 Toes-to-bar
 Following the rep scheme below

Men	135 lbs
Women	95 lbs
Masters Men	115 lbs
Masters Women	65 lbs

3 Clean and jerks		
3 Toes-to-bar		6
6 Clean and jerks		
6 Toes-to-bar		18
9 Clean and jerks		
9 Toes-to-bar		36
12 Clean and jerks		
12 Toes-to-bar		60
15 Clean and jerks		
15 Toes-to-bar		90

18 Clean and jerks		
18 Toes-to-bar		126
21 Clean and jerks		
21 Toes-to-bar		168
24 Clean and jerks		
24 Toes-to-bar		216
27 Clean and jerks		
27 Toes-to-bar		270
30 Clean and jerks		
30 Toes-to-bar		330

Athlete Name _____ Total Reps _____
(Print)

Workout Location _____ Judge _____ Has Judge passed CrossFit's Online Judges Course? Y / N
(Name of Affiliate) (Print)

I confirm the information above accurately represents my performance for Workout 13.4 _____
Affiliate Copy Athlete Signature Date

 Athlete Copy

Athlete Name _____ Total Reps _____
(Print)

Workout Location _____ Judge _____ Has Judge passed CrossFit's Online Judges Course? Y / N
(Name of Affiliate) (Print)

I confirm the information above accurately represents this performance for Workout 13.4 _____
Judge Signature Date