



EVENT 4

21-15-9 reps for time of:

Deadlifts

Box jumps

Handstand push-ups

Men use 225 lb., 24-inch box

Women use 155 lb., 20-inch box

NOTES

This event begins from the standing position with the barbell on the floor and the athlete standing tall. At the call of “3-2-1 ... go,” the athlete will complete 21 deadlifts, 21 box jumps and 21 handstand push-ups. When the athlete has completed the handstand push-ups, he or she will repeat all movements for the round of 15s and again for the round of 9s.

Every second counts in this event. Your score will be the time it takes to complete all repetitions. There is no time cap for this event.

EQUIPMENT

- Barbell
- Collars
- Plates to load to the appropriate weight for your division
- Box that is the appropriate height for your division
- Wall with a line at the appropriate height for the handstand push-up
- Depending on your division, plates or abmats to create a riser

For each event, be sure the athlete has adequate space to safely complete the event. Clear the area of all extra equipment, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 102 / 70 kg for 40-44 and 45-49, 84 / 61 kg for 50-54 and 55-59, and 70 / 48 kg for 60+.

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.

DEADLIFT



This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.



Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. No bouncing.

BOX JUMP



Every rep must begin with both feet on the floor. The rep finishes with the hips and knees fully open while in control on top of the box.



You may jump or step up or down as long as both feet start on the ground and both feet end on the box in control.

HANDSTAND PUSH-UP

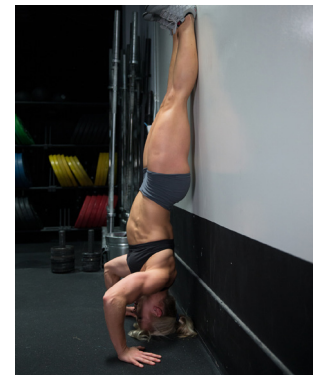


Prior to starting you will need to establish your foot line for the handstand push-up. Stand facing the wall with your feet at hip width and your toes touching the wall. While standing tall, reach your hands over your head with your elbows straight, shoulders extended and your thumbs touching.

From here, mark the height of your wrist, then measure down 3 inches and create a line on the wall. Mark your line with a permanent marker, chalk or tape. Judges may restore the line between rounds as needed.



Each handstand push-up begins and ends with the heels in contact with the wall and above the marked line. The athlete may place their hands however they choose as long as their heels are above the line.



At the bottom, the head makes contact with the ground. The feet do not need to remain in contact with the wall for the entire movement, but must touch above the line at the beginning and end of each rep. Kipping is allowed.



Depending on your division you may be allowed to use a 2- or 4-inch riser for the handstand push-up. The riser can be created with plates or abmats. Mark your foot line from the ground prior to placing the riser.



EVENT 4 WORKOUT VARIATIONS

Event 1 presented by **PURE PHARMA**
—vitamins, minerals & fish oil—

40-44

(Masters Men 40-44, Masters Women 40-44)

21-15-9 reps for time of:

Deadlifts

Box jumps

Handstand push-ups

Men use 225 lb., 24-inch box

Women use 155 lb., 20-inch box

45-49

(Masters Men 45-49, Masters Women 45-49)

21-15-9 reps for time of:

Deadlifts

Box jumps

Handstand push-ups

Men use 225 lb., 24-inch box

Women use 155 lb., 20-inch box

50-54

(Masters Men 50-54, Masters Women 50-54)

21-15-9 reps for time of:

Deadlifts

Box jumps

Handstand push-ups with 2-inch riser

Men use 185 lb., 24-inch box

Women use 135 lb., 20-inch box

55-59

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

21-15-9 reps for time of:

Deadlifts

Box jumps

Handstand push-ups with 2-inch riser

Men use 185 lb., 24-inch box

Women use 135 lb., 20-inch box

60+

(Masters Men 60+, Masters Women 60+)

21-15-9 reps for time of:

Deadlifts

Box jumps

Handstand push-ups with 4-inch riser

Men use 155 lb., 20-inch box

Women use 105 lb., 20-inch box



EVENT 4 SCORECARD (ALL DIVISIONS)

Masters Men 40-44, Masters Women 40-44, Masters Men 45-49, Masters Women 45-49, Masters Men 50-54, Masters Women 50-54, Masters Men 55-59, Masters Women 55-59, Masters Men 60+, Masters Women 60+

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Deadlifts

Box jumps

Handstand push-ups

40-49

Men use 225 lb., 24-inch box

Women use 155 lb., 20-inch box

50-59

Men use 185 lb., 24-inch box, HSPU to 2-inch riser

Women use 135 lb., 20-inch box, HSPU to 2-inch riser

60+

Men use 155 lb., 20-inch box, HSPU to 4-inch riser

Women use 105 lb., 20-inch box, HSPU to 4-inch riser

ROUND	REPS
21 DEADLIFT	
21 BOX JUMP	
21 HSPU	

15 DEADLIFT	
15 BOX JUMP	
15 HSPU	

9 DEADLIFT	
9 BOX JUMP	
9 HSPU	

ATHLETE NAME _____
Print

EVENT 4 TIME _____

WORKOUT LOCATION _____ **JUDGE** _____
Name of Affiliate Print

Has Judge passed CrossFit's Y / N
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

EVENT 4 TIME _____

WORKOUT LOCATION _____ **JUDGE** _____
Name of Affiliate Print

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

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