



OPEN WEEK 4

17:00 PT THURSDAY, MARCH 16 THROUGH 17:00 PT MONDAY, MARCH 20

Presented by

ASSAULT
FITNESS

WORKOUT 17.4 Rx'd (Ages 16-54)

Complete as many rounds and reps as possible in 13 minutes of:

55 deadlifts

55 wall-ball shots

55-calorie row

55 handstand push-ups

Men deadlift 225 lb. and throw 20-lb. ball to 10-ft. target

Women deadlift 155 lb. and throw 14-lb. ball to 9-ft. target

NOTES

Prior to starting this workout, each athlete will need to mark a box on the ground and a foot line on the wall for the handstand push-ups (details in Movement Standards section). They will also need to mark the required height on the wall or wall-ball target. This workout begins with the barbell on the floor and the athlete standing tall. At the call of "3, 2, 1 ... go," the athlete will perform 55 deadlifts, then move to the designated target to complete 55 wall-ball shots, then to the rower to pull 55 calories, then to the wall for handstand push-ups. If 55 handstand push-ups are completed, the athlete will move back to the barbell to begin another round.

The athlete's score will be the total number of repetitions completed within the 13-minute time cap.

TIEBREAK

The scoring for this workout includes a tiebreak. Upon completion of 55 reps of each exercise, time should be marked. When you submit your final result, your score will be the number of reps completed. There will be another field in which you will enter the elapsed time at which you completed your last full set on any of the exercises. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

EQUIPMENT

- Barbell
- Standard bumper plates (18-inch diameter) to load to the appropriate weight for your division
- Collars
- A medicine ball of the appropriate weight for your division
- A wall mark or target set at specified height for wall-ball shots
- A wall mark and floor marks for the handstand push-ups
- Rower that counts calories, similar in type and calibration to a Concept2 rower

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlift are 102 kg (225 lb.), 83 kg (185 lb.), 70 kg (155 lb.), 61 kg (135 lb.), 56 kg (125 lb.), 43 kg (95 lb.) and 29 kg (65 lb.). The minimum acceptable weights in kilograms for the medicine ball are 9 kg (20 lb.), 6 kg (14 lb.) and 4 kg (10 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. 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.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. Also film the measuring of the height, width and depth of the handstand push-up markers, the height of the wall-ball target and the weight of the ball so all loads and measurements can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible 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. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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- 55 wall-ball shots
- 55-calorie row
- 55 handstand push-ups*

Men deadlift 225 lb. and throw 20-lb. ball to 10-ft. target

Women deadlift 155 lb. and throw 14-lb. ball to 9-ft. target

*Movement varies by division

VARIATIONS

Rx'd: (Ages 16-54)

Men deadlift 225 lb. and throw 20-lb. ball to 10-ft. target

Women deadlift 155 lb. and throw 14-lb. ball to 9-ft. target

Scaled: (Ages 16-54)

Men deadlift 135 lb., throw 20-lb. ball to 9-ft. target and perform hand-release push-ups

Women deadlift 95 lb., throw 10-lb. ball to 9-ft. target and perform hand-release push-ups

Teenagers 14-15:

Boys deadlift 135 lb. and throw 14-lb. ball to 9-ft. target

Girls deadlift 95 lb. and throw 10-lb. ball to 9-ft. target

Scaled Teenagers 14-15:

Boys deadlift 95 lb., throw 14-lb. ball to 9-ft. target and perform hand-release push-ups

Girls deadlift 65 lb., throw 10-lb. ball to 9-ft. target and perform hand-release push-ups

Masters 55+:

Men deadlift 185 lb., throw 20-lb. ball to 9-ft. target and push press 95 lb.

Women deadlift 125 lb., throw 10-lb. ball to 9-ft. target and push press 65 lb.

Scaled Masters 55+:

Men deadlift 135 lb., throw 14-lb. ball to 9-ft. target and push press 65 lb.

Women deadlift 95 lb., throw 10-lb. ball to 9-ft. target and push press 45 lb.



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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 head and shoulders behind the bar. The arms must be straight throughout. No bouncing.

WALL-BALL SHOT



In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target.



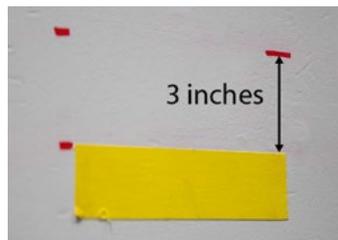
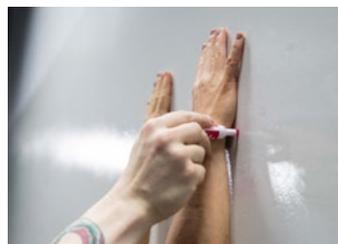
The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

ROW



The monitor on the rower must be set to zero at the beginning of each row. The athlete or the judge may reset the monitor. The athlete must stay seated on the rower until the monitor reads 55 calories.

HANDSTAND PUSH-UP



Prior to starting, the athlete will need to establish the foot line on the wall and measure a box on the floor for the handstand push-up. For the foot line, the athlete will stand facing the wall on the same surface the hands will be on, with feet at hip width and toes touching the wall. While standing tall, the athlete will reach their hands over their head with elbows locked out, shoulders extended and thumbs touching.

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

Additionally, a 36-inch wide and 24-inch deep box must be marked on the floor.



Every repetition of the handstand push-up begins and ends at the top of a handstand with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms. The athlete's heels must start the rep above the pre-marked foot line. The palm of the hands must remain inside the pre-marked box on the ground throughout the entire rep.

At the bottom, the athlete's head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. For example, 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. 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. While the palm of the hands must stay within the width of the box marked on the ground, the fingers may extend past the line. Kipping is allowed.



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HAND-RELEASE PUSH-UP (SCALED ONLY)



A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width.

At the bottom, the chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground.

PUSH PRESS (MASTERS 55+ ONLY)



Each rep of the push press begins with the barbell at the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. The athlete may dip and drive with the legs while the weight is on the shoulders. However, once the barbell leaves the shoulder, the hips and knees must remain straight until the weight is locked out overhead. No jerks.

At the top, the arms, hips and knees are fully extended, and the bar finishes directly over the middle of the body with the feet in line under the body. Using a rack is not permitted.



OPEN WEEK 4 SCORECARD

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WORKOUT 17.4

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- 55-calorie row
- 55 handstand push-ups*

*Movement varies by division

ROUND	DEADLIFT (55)	WALL BALL (55)	ROW (55)	HSPU (55)	
1					
	55 _____ TIME	110 _____ TIME	165 _____ TIME	220 _____ TIME	220
2					
	275 _____ TIME	330 _____ TIME	385 _____ TIME	440 _____ TIME	440

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TOTAL REPS _____

Rx'd
 Scaled

ATHLETE NAME _____ TOTAL REPS _____

Print

TIEBREAK _____

AFFILIATE _____ JUDGE NAME _____ Has Judge passed Y / N
 Name of Affiliate Print Initial CrossFit's Online Judges Course?

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

Affiliate Copy

Athlete Copy

WORKOUT 17.4

Rx'd
 Scaled

ATHLETE NAME _____ TOTAL REPS _____

Print

TIEBREAK _____

AFFILIATE _____ JUDGE NAME _____ Has Judge passed Y / N
 Name of Affiliate Print Initial CrossFit's Online Judges Course?