



## Teams of 3 Week 4 Event 4ab Scorecard | All Divisions

Scores Due: Monday, 11/30/2020 at 7pm CST – Each athlete will perform independently and scores will be totaled

With a running Clock: 0-35:00	Athlete 1 - 4a 5k Total Time:	
	Athlete 2 – 4a 5k Total Time:	
Event 4a: For Time 5,000 Meter Row	Athlete 3 – 4a 5k Total Time:	
	4a Total Combined Time:	
In remaining time:	Athlete 1 – 4b 3RM Load:	
	Athlete 2 – 4b 3RM Load:	
Event 4b: For Load 3 Rep Max Thruster (from ground)	Athlete 3 – 4b 3RM Load:	
	4b Total Combined Load:	
	Team Name:	
	Team Captain:	
Notes:	Judge Name:	

Event 4ab starts with the clock set to TIME UP 35:00 and the athlete sitting on the rower. Upon 3.2.1.GO! the athlete may grab the handle and begin the 5000m Row. Once the athlete completes the 5000m row, the time will be recorded for Event 4a and the athlete may begin working on Event 4b, the 3 Rep Max Thruster.

The score for event 4a is total combined time. If the athlete does not complete the 5000m row in 35:00, the amount of meters completed will be the score. If one athlete does not meet the time cap, the team's score will be CAP + however many total combined meters were completed.

For Event 4b, the 3 Rep Max Thruster, the bar may start preloaded with the first attempt. The athlete may go up and down in weight as desired. Fractional Plates as low as ½ lb are allowed. Load must be recorded in whole numbers. A 20kg bar will be counted as 45lb. A 15kg bar will be counted as 35lb. The 3<sup>rd</sup> rep must be fully locked out before the 35:00 cap is reached. Clips must be used. The score for event 4b is total combined load.

### Movement Standards

**Row:** Concept 2 rower must be used for the 5000m Row. The monitor must be set to zero before the Event 4a starts. The athlete must remain seated until the 5000m row is complete. The athlete may set the monitor to record the 5000m row time, but a master clock must be set to 35:00 UP and the athlete cannot begin rowing until the master clock starts.

**3 Rep Max Thruster:** The 3 Rep Max Thruster must be taken from the ground. All three reps must be performed consecutively without the bar lowering below the shoulders for the attempt to count. This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead without pausing or re-dipping in the standing position. A re-dip on the lockout (receiving the bar in the power jerk position overhead) is allowed.

The bar starts on the ground for the first rep. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the first thruster is allowed. Using a ball, box or other object to check for proper depth is not allowed.

The rep ends when the barbell is in a full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the body.

## **Video Submission Requirements**

Clearly state your name or team name at the beginning of the video.

Film the barbell and plates so the loads can be seen clearly.

Videos must be uncut and unedited to accurately display the performance.

A clock or timer must be visible throughout the workout.

Shoot the video so all exercises and the monitor can be seen clearly meeting the movement standards.

Videos shot with a fisheye lens or similar lens may be rejected.

## Event 4ab Bodyweight Workout Option: Record score as SCALED

Scores Due: Monday, 11/30/2020 at 7pm CST

With a running Clock:

0-10:00 For Time:

Event 4a

For Time: 10:00 CAP

200 Single Unders

100 Butterfly Sit ups

200 Double Unders

10-17:00 AMRAP:

30 Air Squats

15 Tuck ups

Event 4a		Reps
200 Single Unders	200	200
100 Butterfly Sit ups	100	300
200 Double Unders	200	500

4a Total Combined Time or Reps:	
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Event 4b		Total Reps
30 Air Squats	30	30
15 Tuck ups	15	45
30 Air Squats	30	75
15 Tuck ups	15	90
30 Air Squats	30	120
15 Tuck ups	15	135
30 Air Squats	30	165
15 Tuck ups	15	180
30 Air Squats	30	210
15 Tuck ups	15	225

4b Total Combined Reps:	
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4a Total Combined Time or Reps Completed	
4b Total Combined Reps Completed	
Team Name:	
Athlete Signature:	
Judge Name (please print):	

## Week 4 Event 4ab | Bodyweight Workout

### All Divisions

With a running Clock:

0-10:00 Event 4a

For Time: 10:00 CAP

200 Single Unders

100 Butterfly Sit ups

200 Single Unders

10-17:00 Event 4b

AMRAP

30 Air Squats

15 Tuck ups

### Notes:

This is a two part workout, Event 4a and Event 4b with a running clock set to TIME UP 17:00. 4a will be performed between 0-10:00. Event 4b will be performed between 10-17:00 The workout begins with the clock set to TIME UP 17:00, and the athlete standing tall (the athlete may be holding their jump rope). After the call of "3, 2, 1.. go," the athlete may begin performing Event 4a.

Event 4a score is total combined time after the final double under of each athlete is completed. If the athlete does not complete the required repetitions, their score is total reps completed. If one athlete Time Caps, then the score for the team is CAP + however many total reps the entire team completed.

Event 4b score is total combined reps completed.

All scores for the bodyweight version of the workout must be marked SCALED.

### Video Submission Requirements

Clearly state your name or team name at the beginning of the video.

Videos must be uncut and unedited to accurately display the performance.

A clock or timer must be visible throughout the workout.

Shoot the video so all exercises can be seen clearly meeting the movement standards.

Videos shot with a fisheye lens or similar lens may be rejected.

## **Movement Standards**

### **Single Under**

This is the standard single under where the rope must pass under the feet one time for the rep to count. The rope must spin forward. Yes, single foot skips are allowed.

### **Double Under**

This is the standard double under where the rope must pass under the feet two times in a row for the rep to count. The rope must spin forward.

### **Air Squat**

The movement starts with the athlete standing all the way up with hips and knees open and fully extended. The athlete will squat down with the hip crease passing below the knee. The movement ends when the athlete is once again standing all the way up with hips and knees open and fully extended. CHEST UP!

### **Butterfly Sit up**

Each rep of the sit-up begins with the athlete's back in contact with the floor, their knees bent in the butterfly position and heels facing each other, and their hands touching the floor above their head.

At the top, the athlete will raise their torso so their chest is upright and their hands touch the floor in front of their feet.

Abmats or a cushion under the small of the back is permitted.

### **Tuck up**

Each rep of the tuck up begins with the athletes' back in contact with the floor, their legs straight and feet touching the floor in front of them, and their hands touching the floor above their head. The athlete will bend their legs and raise their knees up at the same time they lift their chest up. The rep ends when the athlete's shoulders are fully off the floor and hands touch their heels.