



OPEN WORKOUT 19.4

PRESENTED BY:
CFF CROSSFIT
FARGO

WORKOUT 19.4

AMRAP 12:00

Rx

2 Rounds:

5 Ring Muscle ups

10 Box Jump Overs

2 Rounds:

15 Toes to Bar

20 Dumbbell Box Step Overs

Intermediate

2 Rounds:

5 Pull ups

10 Box Jump Overs

2 Rounds:

15 Toes to Bar

20 Dumbbell Box Step Overs

Scaled

2 Rounds:

5 Jumping Pull up

10 Box Step Overs

2 Rounds:

15 Hanging Knee Raise

20 Dumbbell Box Step Overs

LOADING

Rx

Men: 24" box and 50# dumbbell

Women: 20" and 35# dumbbell

INTERMEDIATE

Men: 24" box and 35# dumbbell

Women: 20" and 20# dumbbell

SCALED

Men: 20" box and 20# dumbbell

Women: 20" and 10# dumbbell

WORKOUT DESCRIPTION

This workout begins with the athlete standing under the rings (or pull up bar for intermediate and scaled). At the call of "3-2-1 ... go," the athlete will jump up and perform muscle-ups. Once all the muscle-up reps are complete they will move to the box jump overs (step overs for scaled only). After the last box jump over, the athlete will move back to the rings and begin the next round. When the second set of box jump overs are complete, the athlete will move on to perform 2 rounds of 15 toes to bar (or hanging knee raises for scaled) and 20 dumbbell box step overs. After completion of the second round of dumbbell box step overs, athletes will go back to perform ring muscle ups (or pull up variation) and continue in this manner until the clock reaches 12:00. Your score will be the total number of repetitions completed before the 12:00 time cap.

EQUIPMENT

- Gymnastic rings or pull up bar
- Dumbbell of appropriate weight for your division*†
- Box appropriate for your division
- Measuring tape

* If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed. The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.), 6 kg (14 lb.) and 5 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 video may be disqualified from the competition.

VIDEO SUBMISSION

Prior to starting, film the dumbbells so the weight can be seen clearly, and show the height of the box being measured with a tape measure. All video submissions should be uncut and unedited in order to accurately display the performance. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. The use of a video timer app is allowed. Shoot the video from an angle so all movements 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.

MOVEMENT STANDARDS

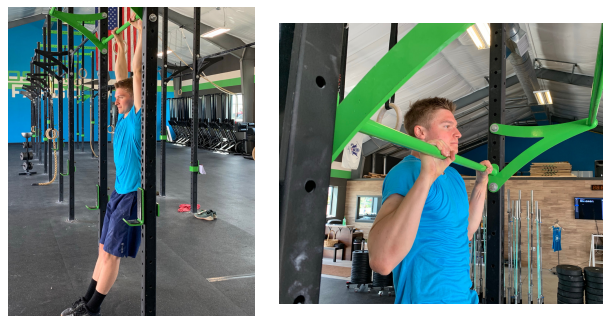
Ring Muscle Up



In the muscle-up, the athlete must begin with or pass through a hang below the rings, with the arms fully extended (with or without a false grip) and the feet off the ground. The feet may not rise above the height of the rings during the kip. Athletes must pass through a dip and the elbows must be fully locked out while in the support position above the rings. Kipping the muscle-up is acceptable, but swings or rolls to support are not permitted. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

Pull Up (Intermediate Only)

This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom with the feet off the ground. At the top of the movement, the chin must break the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.



Jumping Pull Up (Scaled Only)

For the jumping pull-up, the bar should be at least six inches above the top of the athlete's head when he or she is standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar. At the bottom of the movement, the athlete must lower his or her body so the arms are fully extended. At the top, the chin must clearly break the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.



MOVEMENT STANDARDS (con't)

Box Jump Over



The rep starts with both athlete's feet on the ground. There is no requirement to stand tall while on top of the box. A two-foot takeoff is always required, and only the athlete's feet may touch the box.

The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing. Lateral jumping is permitted. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

Box Step Over (Scaled Only)

The rep starts with both athlete's feet on the ground. There is no requirement to stand tall while on top of the box. Only the athlete's feet may touch the box. The athlete may step up or jump on top of the box and then jump or step down on the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

Dumbbell Box Step Over



For every repetition of the dumbbell box step over, the athlete starts with both feet on the ground and facing the box. With the dumbbells held at their side, the athlete must step to the top of the box and over to the other side. Only the athlete's feet may make contact with the box. The rep is credited when both of the athlete's feet are on the opposite side of the box.

Toes To Bar



In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. At the start of each rep, the arms must be fully extended and the heels must be brought back behind the bar. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastic style grips, gloves, etc.), but they may not tape the bar and wear hand protection. Overhand, underhand, or mixed grip are all permitted. The rep is credited when both feet come into contact with the bar at the same time, between the hands. Any part of the feet may make contact with the bar.

Hanging Knee Raises (scaled only)



In the hanging knee-raise, the arms and hips must be fully extended at the bottom and the heels must be brought back behind the bar. Overhand, underhand, or mixed grip are all permitted. The rep is credited when the knees are above the height of the hips.



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PRESENTED BY:
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WORKOUT 19.4 SCORECARD

AMRAP 12:00

Rx

2 Rounds:
5 Ring Muscle ups
10 Box Jump Overs (24"/20")

2 Rounds:
15 Toes to Bar
20 Dumbbell Box Step Overs
(50#/35#)

AMRAP 12:00

INTERMEDIATE

2 Rounds:
5 Pull ups
10 Box Jump Overs (24"/20")

2 Rounds:
15 Toes to Bar
20 Dumbbell Box Step Overs
(35#/20#)

AMRAP 12:00

SCALED

2 Rounds:
5 Jumping pull ups
10 Box Step Overs (20"/20")

2 Rounds:
15 Hanging Knee Raises
20 Dumbbell Box Step Overs
(20#/10#)

Round	Round 1	Round 2	Round 3
5 Ring Muscle Ups	5	105	205
10 Box Jump Overs	15	115	215
5 Ring Muscle Ups	20	120	220
10 Box Jump Overs	30	130	230
15 Toes To Bar	45	145	245
20 Dumbbell Box Step Overs	65	165	265
15 Toes To Bar	80	180	280
20 Dumbbell Box Step Overs	100	200	300

Total Score _____