



WEEK 3 – QUALIFIER WORKOUT 4
– FOR TIME –

(AsRx, Masters 35-39, Masters 40-44, Masters 45-49, Masters 50-54)

Athlete Name: _____

Division Competing: _____

	Reps
5 Overhead Squats	5
5 Toes-to-bar	10
10 Overhead Squats	20
10 Toes-to-bar	30
15 Overhead Squats	45
15 Toes-to-bar	60
20 Overhead Squats	80
20 Toes-to-bar	100
15 Overhead Squats	115
15 Toes-to-bar	130
10 Overhead Squats	140
10 Toes-to-bar	150
5 Overhead Squats	155
5 Toes-to-bar	160

Presented By:



Sponsored By:



Total Time



WEEK 3 – QUALIFIER WORKOUT 4

— FOR TIME —

(Masters 55+)

Athlete Name: _____

Division Competing: _____

	Reps
4 Overhead Squats	4
4 Toes-to-bar	8
8 Overhead Squats	16
8 Toes-to-bar	24
12 Overhead Squats	36
12 Toes-to-bar	48
16 Overhead Squats	64
16 Toes-to-bar	80
12 Overhead Squats	92
12 Toes-to-bar	104
8 Overhead Squats	112
8 Toes-to-bar	120
4 Overhead Squats	124
4 Toes-to-bar	128

Presented By:



Sponsored By:



Total Time



WEEK 3 – QUALIFIER WORKOUT 4

— FOR TIME —

(Scaled)

Athlete Name: _____

Division Competing: _____

	Reps
5 Front Squats	5
5 Hanging Knee Raises	10
10 Front Squats	20
10 Hanging Knee Raises	30
15 Front Squats	45
15 Hanging Knee Raises	60
20 Front Squats	80
20 Hanging Knee Raises	100
15 Front Squats	115
15 Hanging Knee Raises	130
10 Front Squats	140
10 Hanging Knee Raises	150
5 Front Squats	155
5 Hanging Knee Raises	160

Presented By:



Sponsored By:



Total Time



WEEK 3 – QUALIFIER WORKOUT 4

6.23.16 7 PM CDT – 6.27.16 7 PM CDT

AsRX, Masters 35-39

For Time:

5-10-15-20-15-10-5

Overhead Squats

(115/75lbs)

Toes-to-bar

Teen, Masters 50-54

For Time:

5-10-15-20-15-10-5

Overhead Squats

(75/55lbs)

Toes-to-bar

Scaled

For Time:

5-10-15-20-15-10-5

Front Squats

(75/55lbs)

Hanging Knee Raises

Masters 40-49

For Time:

5-10-15-20-15-10-5

Overhead Squats

(95/65lbs)

Toes-to-bar

Masters 55+

For Time:

4-8-12-16-12-8-4

Overhead Squats

(75/55lbs)

Toes-to-bar

EQUIPMENT

To complete this workout you will need:

- Pull up bar
- One barbell
 - *For the purpose of this competition, 15-kg barbells will be considered to be 35 lb., and 20-kg barbells will be considered to be 45 lb.*
- Collars
- Plates

NOTES

This workout begins with the barbell on the ground and the athlete standing tall. At the call of 'GO', the athlete may begin their first set of squats and toes to bar, moving through the entire list of movements until all reps and movements are completed in the order written.

Your score for this workout will be time completed.

All athletes should carefully review the workout standards for movement, rep and load variations across divisions.

MOVEMENT STANDARDS

OVERHEAD SQUATS (RX, Masters 35-55+, Teens)

Each rep starts and ends with the bar fully locked out and in line with the body overhead. At the bottom, the hip crease must clearly reach below the top of the knee. At the top, the barbell must come to full lockout overhead with the hips knees and arms fully extended, and the bar directly over the middle of the body.

Athletes may get the barbell overhead any way they choose. Use of a rack is **NOT ALLOWED**

A full squat snatch **IS ALLOWED**, but not required, to start the movement as long as standard depth is achieved.

TOES TO BAR (RX, Masters 35-55+, Teens)

In the toes-to-bar, the athlete must go from a full hang to having the toes touch the pull-up bar. The rep is counted when both feet make contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the body/vertical plane before initiating the next rep. Any part of the shoe may touch the bar for the rep to count. Any grip may be used.

If both feet do not make contact with the bar at the **SAME TIME**, it will result in a **NO REP**



WEEK 3 – QUALIFIER WORKOUT 4

6.23.16 7 PM CDT – 6.27.16 7 PM CDT

If the body does not come to full extension with feet brought back behind the body at the bottom, that will result in a **NO REP**

FRONT SQUATS (Scaled)

Each rep begins with the barbell racked on the front of the shoulders. At the top, the hips and knees must be fully extended. Any grip is permitted as long as the bar remains in the front rack position. At the bottom, the hip crease must clearly reach below the top of the knee.

The weight must begin on the ground to achieve the rack position, use of a squat rack is **NOT ALLOWED**

A full squat clean **IS ALLOWED**, but not required to begin the movement as long as standard depth is achieved.

HANGING KNEE RAISE (Scaled)

In the hanging knee raise, the athlete must hang from the bar with arms and hips fully extended, and the feet brought back behind the body/vertical plane. The rep is counted when the athlete reaches the top position, with their knees clearly above the height of the hip crease in front of the body

VIDEO SUBMISSION STANDARDS

Please note that a video is not required to be uploaded when submitting your score. Please see our FAQ page for details on the video submission process for top qualifying athletes after the Qualifier is complete

Prior to starting the workout, state your name and division. Film the plates and barbell that will be used so that the loads can be clearly seen. All video submissions must be uncut and unedited in order to accurately display the performance. A second person with a stopwatch, or a WOD clock will need to be visible through the entire workout. Video should be at an angle that can confirm depth in the squats and full range and contact requirements for the toes to bar (hanging knee raise for scaled)

Please be sure you have enough battery life, memory and time to upload your video. You may need to increase your limit on YouTube in order to allow a longer video.