



WORKOUT 14.4 17:00 PT Thur, March 20 through 17:00 PT Mon, March 24

Week 4 presented by **ROGUE**
WWW.ROGUEFITNESS.COM

WORKOUT Complete as many rounds and repetitions as possible in 14 minutes of:

MEN <small><i>Includes Masters Men up to 54 years old</i></small>	WOMEN <small><i>Includes Masters Women up to 54 years old</i></small>
60-calorie row 50 toes-to-bars 40 wall-ball shots, 20 lb. to 10-foot target 30 cleans, 135 lb. 20 muscle-ups	60-calorie row 50 toes-to-bars 40 wall-ball shots, 14 lb. to 9-foot target 30 cleans, 95 lb. 20 muscle-ups
MASTERS MEN <small><i>Includes Masters Men 55+</i></small>	MASTERS WOMEN <small><i>Includes Masters Women 55+</i></small>
60-calorie row 50 toes-to-bars 40 wall-ball shots, 20 lb. to 9-foot target 30 cleans, 115 lb. 20 muscle-ups	60-calorie row 50 toes-to-bars 40 wall-ball shots, 10 lb. to 9-foot target 30 cleans, 65 lb. 20 muscle-ups

NOTES

This workout begins seated on the rower, with the monitor set to zero calories. At the call of "3-2-1...Go," the athlete will grab the handle and begin rowing. If you finish the 20 muscle-ups and return to the rower, you must reset the monitor to zero before rowing.

Your score will be the total number of repetitions completed before the 14-minute time cap. You will enter your result by the total number of reps completed plus your tiebreak time (see below).

SPECIAL TIEBREAK

In this workout, we are using a special tiebreak method. At the end of the set of cleans and the set of muscle-ups, 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 the 30 cleans or the 20 muscle-ups, whichever was last. If you do not get through the 30 cleans you will not have a tiebreak time.

For example, a male athlete finishes all the reps up to and including 10 calories of rowing in his second round, for a total of 210 reps. This is his score. He finished his 30th clean at 10:05, and his 20th muscle-up at 13:10. In this case he will enter 13:10 as his time in the tiebreak field. This athlete would be ranked above someone who got 210 reps and a tiebreak time of 13:20, but below someone with 210 reps and a tiebreak time of 13:00.

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

- An indoor rower with a monitor that measures calories
- Pull-up bar
- A medicine ball of the appropriate weight for your division
- A wall mark or target set at the specified height
- Barbell
- Plates to load to the appropriate weight for your division
- A set of gymnastic rings hung so you can successfully perform a muscle-up

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are: 9-kg ball and 61-kg clean for the Men, 6-kg ball and 43-kg clean for the Women, 9-kg ball and 52-kg clean for the Masters Men, 4-kg ball and 29-kg clean for the Masters Women.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the measuring of the height of the wall-ball target, as well as the weight of the ball, the barbell and the plates so the loads and height 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 movements from the side so it is clear that: 60 calories are rowed, the feet can be seen behind the plane of the bar at the bottom, and in contact with the bar at the top of the toes-to-bars, proper depth and height is being reached on the wall-ball shots, elbows are in front of the bar while standing tall with the barbell on the clean, and that lockout is shown at the bottom and top of the muscle-up.

Depending on the layout of your gym, the other person in the frame may need to move the camera during the workout so it is clear all standards are being met for each movement. This includes being able to clearly see the monitor of the rower set to zero at the start and at least 60 calories prior to moving to the toes-to-bars.

MOVEMENT STANDARDS

ROW



The athlete may begin the workout seated in the rower but may not grab the handle until the call of "go." The monitor must be set to zero at the beginning of each round.

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. Both feet must be in contact with the bar at the same time, inside the hands.

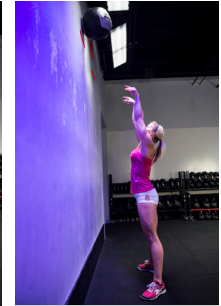


The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body.

WALL BALL



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.

CLEAN



The barbell begins on the ground. Touch-and-go is permitted. No bouncing

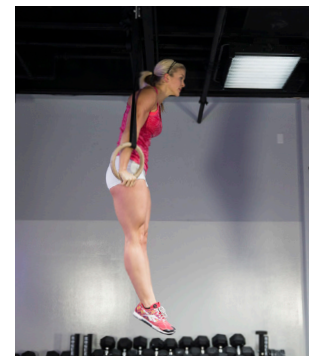


A muscle clean, power clean, squat clean or split clean may be used, as long as the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar

MUSCLE-UP



In the muscle-up, you must begin with, or pass through, a hang below the rings with arms fully extended (with or without a false grip) and the feet off the ground



The elbows must be fully locked out while supporting yourself 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



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SCORECARD Complete as many rounds and reps as possible in 14 minutes of:

- 60-calorie row
- 50 toes-to-bars
- 40 wall-ball shots
- 30 cleans
- 20 muscle-ups

Men	20 lb. to 10' target / 135-lb. clean
Women	14 lb. to 9' target / 95-lb. clean
Masters Men	20 lb. to 9' target / 115-lb. clean
Masters Women	10 lb. to 9' target / 65-lb. clean

ROUND 1	REPS	
60-CALORIE ROW	60	
50 TOES-TO-BARS	110	
40 WALL-BALL SHOTS	150	
30 CLEANS	180	
20 MUSCLE-UPS	200	TIME

TIME

ROUND 2	REPS	
60-CALORIE ROW	260	
50 TOES-TO-BARS	310	
40 WALL-BALL SHOTS	350	
30 CLEANS	380	
20 MUSCLE-UPS	400	TIME

TIME

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____
Print

WORKOUT LOCATION _____ **JUDGE** _____ **Has Judge passed CrossFit's Online Judges Course?** Y / N
Name of Affiliate Print

I confirm the information above accurately represents my performance for workout 14.4 _____
Athlete Signature Date

Affiliate Copy

Athlete Copy

ATHLETE NAME _____ **TOTAL REPS** _____ **TIEBREAK TIME** _____

WORKOUT LOCATION _____ **JUDGE** _____ **Has Judge passed CrossFit's Online Judges Course?** Y / N
Name of Affiliate Print

I confirm the information above accurately represents the Athlete's performance for workout 14.4 _____
Judge Signature Date