



OPEN WEEK 4

17:00 PT THUR, MAR 17 THROUGH 17:00 PT MON, MAR 21

Presented by



LIFEPROOF
LET'S GO!

WORKOUT 16.4 Rx'd

(Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54)

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*

WORKOUT 16.4 Masters

(Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+)

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

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 push presses

*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.*

WORKOUT 16.4 Teens

(Teen Boys 14-15, Teen Boys 16-17, Teen Girls 14-15, Teen Girls 16-17)

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

*Boys 14-15 deadlift 135 lb. and throw 14-lb. ball to 9-ft. target
Boys 16-17 deadlift 185 lb. and throw 20-lb. ball to 10-ft. target
Girls 14-15 deadlift 95 lb. and throw 10-lb. ball to 9-ft. target
Girls 16-17 deadlift 125 lb. and throw 14-lb. ball to 9-ft. target*

WORKOUT 16.4 Scaled

(Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54, Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49, Scaled Masters Women 50-54)

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

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 hand-release push-ups

*Men deadlift 135 lb. and throw 20-lb. ball to 9-ft. target
Women deadlift 95 lb. and throw 10-lb. ball to 9-ft. target*

WORKOUT 16.4 Masters Scaled

(Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59, Scaled Masters Women 60+)

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

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 push presses

*Men deadlift 135 lb. and throw 14-lb. ball to 9-ft. target and push press 65 lb.
Women deadlift 95 lb. and throw 10-lb. ball to 9-ft. target and push press 45 lb.*

WORKOUT 16.4 Teens Scaled

(Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15, Scaled Teen Girls 16-17)

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

- 55 deadlifts
- 55 wall-ball shots
- 55-calorie row
- 55 hand-release push-ups

*Boys 14-15 deadlift 95 lb. and throw 14-lb. ball to 9-ft. target
Boys 16-17 deadlift 135 lb. and throw 14-lb. ball to 9-ft. target
Girls 14-15 deadlift 65 lb. and throw 10-lb. ball to 9-ft. target
Girls 16-17 deadlift 95 lb. and throw 10-lb. ball to 9-ft. target*



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NOTES

Prior to starting this workout each athlete will need to stand against the wall and measure and mark their foot line for the handstand push-ups (details in Movement Standards section). 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 wall and complete 55 wall-ball shots, then to the rower to pull 55 calories, then back to the wall for handstand push-ups. If 55 handstand push-ups are completed, the athlete will move back to the barbell and begin another round.

Your score will be the total number of repetitions completed within the 13-minute time cap.

TIEBREAK

The scoring for this workout includes a tiebreak. At the end of the row, 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 55-calorie row. 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.

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

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." If the ball drops 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.

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 of the handstand push-up marker, the height of the wall-ball target, as well as the weight of the ball, 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 video from an angle so all exercises can be clearly seen meeting the movement standards.

EQUIPMENT

- Barbell
- Standard bumper plates (18" 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 for the handstand push-ups
- Rower that counts calories, similar in type and calibration to a Concept 2

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

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



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ROW



The monitor 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.

HAND RELEASE PUSH-UP (SCALED ONLY)

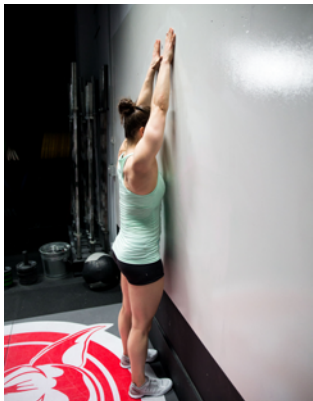


A straight body position must be maintained throughout the movement. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width.



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

HANDSTAND PUSH-UP



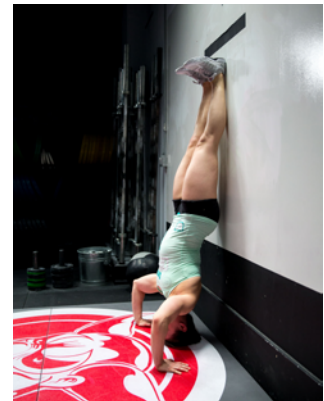
Prior to starting you will need to establish the foot line for your handstand push-up. Stand facing the wall on the same surface your hands will be on, with your feet at hip width and your toes touching the wall. While standing tall, reach your hands over your head with your elbows straight, shoulders extended and your thumbs touching.



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



Each handstand push-up begins and ends with the heels in contact with the wall and above the pre-marked line. The athlete may place their hands however they choose, as long as their heels are above the line.



At the bottom, the athlete's head makes contact with the wall and the 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. Kipping is allowed.

PUSH PRESS (MASTERS 55+ ONLY)



For Masters, each rep of the push press begins with the barbell on 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 elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. Using a rack is not permitted.



OPEN WEEK 4 SCORECARD (ALL)

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WORKOUT 16.4

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

VARIATIONS

Rx'd: 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: Men deadlift 135 lb. and throw 20-lb. ball to 9-ft. target, Women deadlift 95 lb. and throw 10-lb. ball to 9-ft. target

*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.

Teens 14-17: Boys 14-15 deadlift 135 lb. and throw 14-lb. ball to 9-ft. target, Boys 16-17 deadlift 185 lb. and throw 20-lb. ball to 10-ft. target, Girls 14-15 deadlift 95 lb. and throw 10-lb. ball to 9-ft. target, Girls 16-17 deadlift 125 lb. and throw 14-lb. ball to 9-ft. target

Scaled Teens: Boys 14-15 deadlift 95 lb. and throw 14-lb. ball to 9-ft. target, Boys 16-17 deadlift 135 lb. and throw 14-lb. ball to 9-ft. target, Girls 14-15 deadlift 65 lb. and throw 10-lb. ball to 9-ft. target, Girls 16-17 deadlift 95 lb. and throw 10-lb. ball to 9-ft. target

*hand-release push-ups

ROUND	DEADLIFT (55)	WALL BALL (55)	ROW (55)	HSPU (55)	
1			Time		220
2			Time		440
3			Time		660

ATHLETE NAME _____
Print

16.4 TOTAL REPS _____
 Rx'd
 Scaled

TIEBREAK TIME _____

AFFILIATE _____ **JUDGE NAME** _____
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N

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

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print

16.4 TOTAL REPS _____
 Rx'd
 Scaled

TIEBREAK TIME _____

AFFILIATE _____ **JUDGE NAME** _____
Name of Affiliate Print Initial

Has Judge passed CrossFit's Online Judges Course? Y / N