



### 25minute TIME CAP WORKOUT 18.4

1 Round for Time of:

50 CAL ROW  
50 BOX JUMPS OVERS  
50 DEADLIFTS  
50 WALL BALLS  
50 RING DIPS  
50 WALL BALLS  
50 DEADLIFTS  
50 BOX JUMP OVERS  
50 CAL ROW

### EQUIPMENT

- Concept 2 Rower
- Box that is appropriate height
- Barbell of 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
- 20kg plates for deficit
- Rings

### NOTES

This workout begins with the athlete on the rower and the rower set to zero calories.

At 3,2,1, go, the athlete will row until they have accumulated 50 calories.

The athlete will then move to the box and complete 50 box jump overs, then move to the barbell and complete 50 deadlifts, then complete 50 wall-ball shots, 50 ring dips etc.....finishing the workout on the 50 calorie row.

The athletes score will be the total time taken to complete all reps.

This workout ends after the completion of all the reps or at the **TIME CAP OF 25 MINUTES**. Any remaining reps are to be added as seconds to the 25 minute time cap.

### MOVEMENT STANDARDS

#### CAL 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 50 calories.

#### BOX JUMP OVER:

Each rep begins with a two-footed jump. One-footed jumps and step-ups are permitted for **SOLDIERS 35-60+ and WARRIOR 55-60+ ONLY**.

The athlete may jump over the box without touching it, or may land on top before jumping off to the other side. The athlete may not use their hands, and the feet must go over the box, not around it.

Each rep ends on the opposite side of the box from where it began.  
The next rep will begin from there and return to the first side. Stepping down from the box are permitted.

#### 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 centre 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.

**MEN THROW TO 10FT TARGET; WOMEN THROW TO 9FT TARGET.**

#### RING DIPS:

The shoulders must pass below the top of the elbow at the bottom of the dip and the hips must travel below the rings. Arms must be locked out at the top of the movement.

If the hips remain in line with the rings horizontally, it's a **no rep**.

#### HRPU:

A straight body position must be maintained throughout the movement. No 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.

#### DEFICIT HRPU:

As per HRPU standards but with each hand positioned on top of **20kg plates (minimum 80mm thickness) (M/F)**.



# ML 18.4 SCORECARD

Presented by



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- 50 DEADLIFTS
- 50 WALL BALLS
- 50 RING DIPS
- 50 WALL BALLS
- 50 DEADLIFTS
- 50 BOX JUMP OVERS
- 50 CAL ROW

## VARIATIONS

### HERO 35-54

- M 80kg F 50kg
- M 24in F 20in (box)
- M 9kg F 6kg (ball)

### WARRIOR 35-54

- M 70kg F 45kg
- M 24in F 20in (box)
- M 9kg F 6kg (ball)
- Deficit HRPV

### SOLDIER 35-54

- M 60kg F 40kg
- M 24in F 20in (box)
- M 6kg F 3kg (ball)
- STEP UPS
- HRPV

### HERO 55+

- M 70kg F 45kg
- M 24in F 20in (box)
- M 9kg F 6kg (ball)
- Deficit HRPV

### WARRIOR 55+

- M 60kg F 40kg
- M 24in F 20in (box)
- M 6kg F 3kg (ball)
- STEP UPS
- HRPV

### SOLDIER 55+

- M 50kg F 35kg
- M 24in F 20in (box)
- M 6kg F 3kg (ball)
- STEP UPS
- HRPV

50 CAL ROW	10	20	30	40	50
50 BOX JUMP OVERS	10	20	30	40	50
50 DEADLIFTS	10	20	30	40	50
50 WALL BALLS	10	20	30	40	50
50 RING DIPS	10	20	30	40	50
50 WALL BALLS	10	20	30	40	50
50 DEADLIFTS	10	20	30	40	50
50 BOX JUMP OVERS	10	20	30	40	50
50 CAL ROW	10	20	30	40	50

ATHLETE NAME: \_\_\_\_\_

TIME: \_\_\_\_\_

35-39  40-44  45-49  50-54  55-59  60+  HERO  WARRIOR  SOLDIER

STATE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

INITIAL \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR THE WORKOUT

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

ATHLETE NAME \_\_\_\_\_

TIME: \_\_\_\_\_

35-39  40-44  45-49  50-54  55-59  60+  HERO  WARRIOR  SOLDIER

STATE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_

INITIAL \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR THE WORKOUT 18.4

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_