



WOD - 4

ML 19.4

STANDARDS

EQUIPMENT

- Barbell
- Collars
- Plates to load to the appropriate weight
- Skipping Rope

VARIATIONS

HERO 35-54

M 40kg F 30kg

DOUBLE UNDERS

HERO 55+

M 35kg F 25kg

DOUBLE UNDERS

WARRIOR 35-54

M 35kg F 25kg

DOUBLE UNDERS

WARRIOR 55+

M 30kg F 20kg

DOUBLE UNDERS

SOLDIER 35-54

M 30kg F 20kg

SINGLE SKIPS

SOLDIER 55+

M 25kg F 15kg

SINGLE SKIPS

NOTES

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 2 thrusters, then 50 double-unders.

They will repeat this couplet for a total of 10 rounds, increasing the reps on the thrusters and decreasing the reps on the double-unders each round.

During the workout, only the athlete may handle their equipment, and the rope must be set on the ground while the athlete is performing thrusters.

There is a Tie Break time after the completion of the first round.

The athlete's score will be the time it takes to complete all 10 rounds. If the athlete does not complete the 10 rounds in the time cap, then the remaining reps are added as seconds to the 20 minutes.

MOVEMENT STANDARDS

THRUSTERS

This is a standard barbell thruster in which the barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. The hip crease must clearly pass below the top of the knees in the bottom position. A full squat clean into the thruster is allowed when the bar is taken from the floor. If the barbell is dropped from overhead, it must settle on the ground before the athlete picks it up for the next repetition. The barbell must come to a full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over the body.

DOUBLE UNDERS

This is a standard double under in which the rope passes completely under the feet twice for each jump. The rope must spin forward for the rep to count.

SINGLE UNDERS

For Soldier Divisions, the standard is single-under in which the rope passes completely under the feet once for each jump. The rope must spin forward for the rep to count. **Two foot jump only.**



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SCORECARD

WORKOUT ML 19.4

10 ROUNDS FOR TIME OF

ASCENDING REPS OF THRUSTERS
2, 4, 6, 8, 10, 12, 14, 16, 18, 20

DESCENDING REPS OF DOUBLE UNDERS
50, 45, 40, 35, 30, 25, 20, 15, 10, 5

SINGLE SKIPS – 100, 90, 80, 70, 60, 50, 40, 30, 20, 10

20min TIME CAP

VARIATIONS

HERO 35-54

M 40kg F 30kg
DOUBLE UNDERS

WARRIOR 35-54

M 35kg F 25kg
DOUBLE UNDERS

SOLDIER 35-54

M 30kg F 20kg
SINGLE SKIPS

HERO 55+

M 35kg F 25kg
DOUBLE UNDERS

WARRIOR 55+

M 30kg F 20kg
DOUBLE UNDERS

SOLDIER 55+

M 25kg F 15kg
SINGLE SKIPS

ROUNDS	THRUSTERS	DOUBLE UNDERS
1	2	50
TIE BREAK TIME:		
2	4	45
3	6	40
4	8	35
5	10	30
6	12	25
7	14	20
8	16	15
9	18	10
10	20	5
TIME/ +REMAINING REPS:		

ATHLETE NAME _____

TIME: _____ TIE BREAK: _____

35-39 40-44 45-49 50-54 55-59 60-69 70+ HERO WARRIOR SOLDIER

STATE _____

JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT 19.4

SIGNATURE DATE

ATHLETE NAME _____

TIME: _____ TIE BREAK: _____

35-39 40-44 45-49 50-54 55-59 60-69 70+ HERO WARRIOR SOLDIER

STATE _____

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I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT 19.4

SIGNATURE DATE