



STANDARDS

ML 21.4

WOD - 4

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'THE OX'

14MINS AMRAP OF:**20 BAR FACING
BURPEES****21 DEADLIFTS****20 TOES TO BAR****21 WALL BALLS**

NOTE: TIE BREAK TIME AT
COMPLETION OF 1ST ROUND

EQUIPMENT

- Barbell, Collars, Appropriate weight for your division/category
- Pull Up Bar
- Medicine Ball and target/wall at appropriate weight/height for your division/category

NOTES

VARIATIONS

HERO

35-49

M 80kg **F** 55kg
M 9kg/10ft **F** 6kg/9ft
T2B

50-59

M 70kg **F** 50kg
M 9kg/10ft **F** 6kg/9ft
T2B

60-69

M 60kg **F** 40kg
M 9kg/9ft **F** 6kg/8ft
T2B
Burpee Step Over

70+

M 50kg **F** 35kg
M 6kg/9ft **F** 3kg/8ft
T2B
Burpee Step Over

WARRIOR

35-49

M 70kg **F** 50kg
M 9kg/10ft **F** 6kg/9ft
T2B

50-59

M 60kg **F** 40kg
M 9kg/10ft **F** 6kg/9ft
T2B

60-69

M 50kg **F** 35kg
M 6kg/9ft **F** 3kg/8ft
Knee Raises
Burpee Step Over

70+

M 45kg **F** 30kg
M 6kg/9ft **F** 3kg/8ft
Knee Raises
Burpee Step Over

SOLDIER

35-49

M 60kg **F** 40kg
M 6kg/10ft **F** 3kg/9ft
Knee Raises
Burpee Step Over

50-59

M 50kg **F** 35kg
M 6kg/9ft **F** 3kg/8ft
Knee Raises
Burpee Step Over

60-69

M 45kg **F** 30kg
M 6kg/9ft **F** 3kg/8ft
Knee Raises
Burpee Step Over

70+

M 40kg **F** 25kg
M 6kg/9ft **F** 3kg/8ft
Knee Raises
Burpee Step Over



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MOVEMENT STANDARDS

BAR FACING BURPEES:

The burpees must be performed perpendicular to, and facing the barbell.

The athlete can jump or step back to reach the bottom position.

The chest and thighs must touch the ground with the athlete's head behind the barbell.

The athlete must jump over the barbell with a two foot take off – touching the bar, skipping over the bar is **NOT PERMITTED** unless your division/category allows it.

DEADLIFTS:

The rep begins with the Barbell on the ground.

The athletes hands must remain outside of the knees – sumo deadlifts are **NOT PERMITTED**.

The athletes arms must remain straight throughout the lift.

Bouncing the bar from the ground is **NOT PERMITTED**.

The rep is completed when the athletes hips and knees are at full extension and the athletes head and shoulders are behind the bar.

TOES TO BAR:

The Athlete begins the Toes to Bar by hanging from the pull up bar with arms fully extended.

Over hand, under hand or mixed grip is permitted.

The athletes heels must be brought back behind the bar.

The rep is complete when the athletes feet come in contact with the bar, simultaneously and between the athletes hands.

WALL BALLS:

The medicine ball must be in the support position in front of the body at the start of each rep.

The athlete must squat until the hip crease is below the top of the knee.

A squat clean is allowed as long as the ball begins on the ground.

The rep is completed when the centre of the ball hits the target at or above the height stated for the athletes division and category.



SCORECARD

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'THE OX'

14MINS AMRAP OF:

20 BAR FACING
BURPEES

21 DEADLIFTS

20 TOES TO BAR

21 WALL BALLS

NOTE: TIE BREAK TIME AT
COMPLETION OF 1ST ROUND

	20 BAR FACING BURPEES	21 DEADLIFTS	20 TOES TO BAR	21 WALL BALLS
1	20	41	61	82
TIE BREAK				
2	102	123	143	164
3	184	205	225	246
4	266	287	307	328
5	348	369	389	410
6	430	451	471	492
7	512	533	553	574
8	594	615	635	656
9	676	697	717	738
10	758	779	799	820
11	840	861	881	902

ATHLETE NAME _____ SCORE _____

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

STATE _____ JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR
WORKOUT 21.4

SIGNATURE _____ DATE _____

ATHLETE NAME _____ SCORE _____

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

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