



STANDARDS

ML 22.4



ML 22.4

WOD - 4

'DEBBIE'

20MIN AMRAP

300M ROW

1 ROUND OF DT WHICH IS:

12 DEADLIFTS

9 HANG POWER CLEANS

6 PUSH JERKS

300M ROW

2 ROUNDS OF DT

300M ROW

3 ROUNDS OF DT

Increasing DT by 1 extra round after each 300m row until the 20mins is up.

EQUIPMENT

- Rower Concept 2
- Barbell
- Collars
- Bumper Plates

NOTE:

TIE BREAK TIME AFTER THE 2ND ROUND OF DT

Score is total reps completed of your DT including your row.

e.g. 3 full rounds completed:

x3 Row = 900

x6 DT = 162

TOTAL REPS = 1062

VARIATIONS

HERO

35-49

M 70kg F 50kg

50-59

M 60kg F 40kg

60-64

M 50kg F 35kg

65+

M 40kg F 30kg

WARRIOR

35-49

M 60kg F 40kg

50-59

M 50kg F 35kg

60-64

M 40kg F 30kg

65+

M 30kg F 25kg

SOLDIER

35-49

M 50kg F 30kg

50-59

M 40kg F 25kg

60-64

M 30kg F 20kg

65+

M 25kg F 15kg



STANDARDS



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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. The athlete or the judge may reset the monitor.

DEADLIFT:

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

HANG POWER CLEAN:

Each repetition must start from the hang. Any repetition taken from the floor must achieve a deadlift lockout, with the hips and knees fully extended and shoulders behind the bar, before re-dipping to initiate the hang clean.

The bar may not be lowered past the knee after it has been deadlifted. If continuous reps are performed, the arms must reach full extension in the bottom of the hang position. Power cleaning the barbell from the ground in one continuous motion is not permitted. Any variation of the hang clean is acceptable (power, squat, split or muscle), as long as the above requirements are met.

The rep is complete when the athlete’s hips and knees are fully extended, and the bar is racked on the shoulders with the elbows clearly in front of the bar. If a split clean is used, the feet must be brought back together under the athlete’s body, with the hips and knees fully extended, before the repetition is counted.

PUSH JERK:

Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead. A shoulder press, push press, push jerk or split jerk may be used as long as the elbow, shoulder, hips and knees fully extend, and the bar finishes directly over the heels with the feet together.



For Athletes in their Prime

SCORECARD

ML 22.4



ML 22.4

WOD - 4

'DEBBIE'

**20MIN AMRAP
300M ROW**

**1 ROUND OF DT WHICH IS:
12 DEADLIFTS
9 HANG POWER CLEANS
6 PUSH JERKS**

**300M ROW
2 ROUNDS OF DT**

**300M ROW
3 ROUNDS OF DT**

**Increasing DT by 1 extra
round after each 300m row
until the 20mins is up.**

**NOTE: TIE BREAK TIME AFTER
THE 2ND ROUND OF DT**

	RND 1	RND 2	T I E B R E A K T I M E	RND 3	RND 4	RND 5	RND 6	RND 7
ROW	300M	300M			300M	300M	300M	300M
DEADLIFT	12	12		12	12	12	12	12
HANG POWER CLEANS	9	9		9	9	9	9	9
PUSH JERKS	6	6		6	6	6	6	6
		12		12	12	12	12	12
		9		9	9	9	9	9
		6		6	6	6	6	6
				12	12	12	12	12
				9	9	9	9	9
				6	6	6	6	6
					12	12	12	12
					9	9	9	9
					6	6	6	6
						12	12	12
						9	9	9
						6	6	6
								12
								9
								6

ATHLETE NAME _____

TOTAL REPS: _____

35-39 40-44 45-49 50-54 55-59 60-64 65+
HERO WARRIOR SOLDIER

STATE _____

JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT ML 22.4

SIGNATURE _____

DATE _____

ATHLETE NAME _____

TOTAL REPS: _____

35-39 40-44 45-49 50-54 55-59 60-64 65+
HERO WARRIOR SOLDIER

STATE _____

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