



For Athletes in their Prime

# STANDARDS

## MLO 24.4

## WOD - 4

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**'THE FURY'**

**20MIN AMRAP**

**M 24 F 20 CAL ROW**

**12 DEADLIFTS**

**24M DUMBBELL LUNGES**

**6 BAR MUSCLE UPS (BMU)**

**TIEBREAK TIME AFTER THE  
SECOND ROUND OF 6 BMU**

### EQUIPMENT

- WEIGHT PLATES
- BARBELL M 20KG F 15KG
- COLLARS
- PULL UP RIG
- DUMBBELL
- CONCEPT 2 ROWER

### NOTES

TIEBREAK TIME: AFTER THE SECOND ROUND OF 6 BMU

SCORE IS TOTAL REPS COMPLETED

### VARIATIONS

#### HERO

**35-49**  
M 90kg F 70kg  
OH DB Lunges M 22.5kg F 15kg  
**6 BMU**

**50-54**  
M 80kg F 60kg  
OH DB Lunges M 22.5kg F 15kg  
**6 BMU**

**55-59**  
M 80kg F 60kg  
OH DB Lunges M 22.5kg F 15kg  
**6 BMU**

**60-64**  
M 70kg F 50kg  
Goblet DB Lunges M 17.5kg F 10kg  
**12 Pull Ups**

**65+**  
M 60kg F 40kg  
Goblet DB Lunges M 17.5kg F 10kg  
**12 Pull Ups**

#### WARRIOR

**35-49**  
M 80kg F 60kg  
Goblet DB Lunges M 22.5kg F 15kg  
**12 Pull Ups**

**50-54**  
M 70kg F 50kg  
Goblet DB Lunges M 22.5kg F 15kg  
**12 Pull Ups**

**55-59**  
M 70kg F 50kg  
Goblet DB Lunges M 22.5kg F 15kg  
**12 Pull Ups**

**60-64**  
M 60kg F 40kg  
Goblet DB Lunges M 17.5kg F 10kg  
**12 Pull Ups**

**65+**  
M 50kg F 30kg  
Goblet DB Lunges M 17.5kg F 10kg  
**24 Renegade Row M 17.5kg F 10kg**

#### SOLDIER

**35-49**  
M 70kg F 50kg  
Goblet DB Lunges M 17.5kg F 10kg  
**24 Renegade Row M 17.5kg F 10kg**

**50-54**  
M 60kg F 40kg  
Goblet DB Lunges M 15kg F 10kg  
**24 Renegade Row M 15kg F 10kg**

**55-59**  
M 60kg F 40kg  
Goblet DB Lunges M 15kg F 10kg  
**24 Renegade Row M 15kg F 10kg**

**60+**  
M 50kg F 30kg  
Goblet DB Lunges M 10kg F 5kg  
**24 Renegade Row M 10kg F 5kg**

**65+**  
M 40kg F 25kg  
Goblet DB Lunges M 10kg F 5kg  
**24 Renegade Row M 10kg F 5kg**

### MOVEMENT STANDARDS

#### CONCEPT 2 ROW:

The monitor must be set to zero calories at the beginning of each row. The athlete or the judge may reset the monitor to zero if they split the row into multiple sets. If working up to a 3-minute mark, credit will be earned for the calories displayed when the clock reaches 3 minutes (There will be no credit for rollover calories after the time cap).

#### DEADLIFTS:

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...

#### SINGLE DUMBBELL OVERHEAD WALKING LUNGES:

This is a single-arm overhead walking lunge. Each lunge begins with a dumbbell overhead, the feet together, and the athlete standing tall with hips and knees extended. The athlete must be behind the mark denoting the start of the segment being attempted. Athletes must change arms at the 12m mark. At the bottom of the overhead lunge, the trailing knee must make contact with the ground, and the dumbbell must be above the height of the athlete's head. If, during the lunge, either head of the dumbbell comes into contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the last completed 2m section in order to continue.

**Every 2m is 2 reps, you must complete the whole 2m to receive the 2 reps, if the timer goes off and you are halfway through two metres then you DON'T get 1 rep out of that 2m.**

#### SINGLE DUMBBELL GOBLET LUNGES:

Each lunge begins with both hands holding the dumbbell under your chin, feet together and the athlete standing tall with hips and knees extended. The athlete must be behind the mark denoting the start of the segment being attempted. At the bottom of the goblet lunge, the trailing knee must make contact with the ground. If, during the lunge, the dumbbell comes down from the goblet position, the athlete must stop lunging and return to the last completed 2m section in order to continue.

**Every 2m is 2 reps, you must complete the whole 2m to receive the 2 reps, if the timer goes off and you are halfway through two metres then you DON'T get 1 rep out of that 2m.**

#### BAR MUSCLE UP (BMU):

The athlete must begin with or pass through a hang below the bar, with arms fully extended and feet off the ground. Kipping the muscle-up is acceptable, the rep is credited when the athlete's arms are fully locked out in the support position above the bar, with shoulders over or slightly in front of the bar. The athlete must pass through some portion of a dip before locking out over the bar. Only the hands, and no other part of the arm, may touch the bar during the rep.



# STANDARDS

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## MOVEMENT STANDARDS

### **PULL UPS:**

The athlete must start each rep with arms fully extended and feet off the ground. Any style of pull-up or grip is permitted as long as the requirements are met. The rep is credited when the athlete's chin breaks the horizontal plane of the bar.

### **SINGLE DUMBBELL RENEGADE ROW:**

From the Push-Up position (On your Toes). Pull the Dumbbell on the right hand to the chest until both heads of the dumbbell make contact then go back to the starting position on the ground. Pull the Dumbbell on the left hand to the chest until both heads of the dumbbell make contact and then go back to the starting position. You must complete 12 rows on the right arm before you can change to then complete 12 rows on the left arm.

## FLOW

On 3, 2, 1 GO, the athlete will begin with the M24/F20 Calorie Row then move to the 12 deadlifts, 24m DB walking lunges and then the 6 Bar Muscle Ups.

Once you have completed that round you will start again with the M24/F20 Calorie Row, 12 deadlifts, 24m DB walking lunges and 6 Bar Muscle Ups.

This will continue until the 20min timer is completed.

**NOTE: RENEGADE ROW (Warrior 65+ & Soldier 35+) -** Athletes need to complete 12 Renegade Rows on the right and 12 Renegade Rows on the left, total of 24 to complete a set within that round.

**NOTE: PULL UPS -** Athletes to complete 12 Pull-Ups

The score is TOTAL REPS completed.



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# SCORECARD

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**'THE FURY'**

**20MIN AMRAP**

**M 24 F 20 CAL ROW**

**12 DEADLIFTS**

**24M DUMBBELL LUNGES**

**6 BAR MUSCLE UPS (BMU)**

**TIEBREAK TIME AFTER THE SECOND ROUND OF 6 BMU**

	Calorie Row M 24 F 20	Deadlifts	DB Lunges Hero 35-59: Overhead Hero 60+: Goblet Warrior 35+: Goblet Soldier 35+: Goblet	Hero 35-59: BMU Hero 60+: 12 Pull Ups Warrior 35-64: 12 Pull Ups Warrior 65+: Renegade Row X12 on each hand Soldier 35+: Renegade Row X12 on each hand
RND 1	24/20	12	24m	6/12/24
RND 2	24/20	12	24m	6/12/24
<b>TIE BREAK TIME</b>				
RND 3	24/20	12	24m	6/12/24
RND 4	24/20	12	24m	6/12/24
RND 5	24/20	12	24m	6/12/24
RND 6	24/20	12	24m	6/12/24

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

COMPLETED REPS \_\_\_\_\_

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

HERO  WARRIOR  SOLDIER

JUDGES NAME \_\_\_\_\_

STATE \_\_\_\_\_

JUDGES EMAIL \_\_\_\_\_

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT MLO 24.4

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

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

COMPLETED REPS \_\_\_\_\_

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

HERO  WARRIOR  SOLDIER

JUDGES NAME \_\_\_\_\_

STATE \_\_\_\_\_

JUDGES EMAIL \_\_\_\_\_

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