



WEEK 4

17:00 PT Thur, Mar 19 through 17:00 PT Mon, March 23

Week 4 presented by



SUPERCHARGE YOUR WORKOUT / SPEED YOUR RECOVERY

WORKOUT 15.4

Complete as many reps as possible in 8 minutes of:

3 handstand push-ups

3 cleans

6 handstand push-ups

3 cleans

9 handstand push-ups

3 cleans

12 handstand push-ups

6 cleans

15 handstand push-ups

6 cleans

18 handstand push-ups

6 cleans

21 handstand push-ups

9 cleans

Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.

Men clean 185 lb.

Women clean 125 lb.

NOTES

Prior to starting this workout each athlete will need to stand against the wall and measure and mark their foot line for the handstand push-ups (details below). At the call of "3-2-1 ... go," the athlete will kick up into a handstand and perform handstand push-ups. Once 3 handstand push-up reps are complete they will move to the barbell for 3 cleans, then back to the wall for 6 handstand push-ups, then 3 cleans, etc. Each round, the number of repetitions of the handstand push-ups will increase by 3. After every 3 rounds, the number of clean reps will increase by 3. Athletes will continue following this pattern for as many reps as possible within the 8 minutes.

Your score will be the total number of repetitions completed before the 8-minute time cap.

TIEBREAK

In this workout, we are using a special tiebreak method. Time should be marked after every third set of cleans (the last set before increasing the clean reps), i.e., after the third set of 3 cleans, after the third set of 6 cleans, after the third set of 9 cleans, etc. Whichever occurred last will be your tiebreak score.

For example, a male athlete finishes 5 handstand push-ups in the round of 24 reps for a total of 125 reps. During his workout he finished his third set of 3 cleans at 1:31 and his third set of 6 cleans at 5:25. In this case, he will submit 125 reps for his score and also enter 5:25 as his time in the tiebreak field. This athlete would be ranked above someone who got 125 reps and a tiebreak time of 6:00, but below someone with 125 reps and a tiebreak time of 5:15.

For Scaled options there is no tiebreak.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. If you are using a countdown timer, you must convert to elapsed time before reporting your score. For this reason, it is recommended you set your clock to count up.

EQUIPMENT

- Wall with a line at the appropriate height for the handstand push-up
- Barbell
- Collars
- Plates to load to the appropriate weight for your division

For each workout, be sure the athlete has adequate space to safely complete the event. Clear the area of all extra equipment, people or other obstructions.

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 84 / 56 kg for Rx'd, 43 / 29 kg push press and 52 / 34 kg clean for Masters 55+ and Scaled, 52 / 34 kg clean for Teens 16-17, 43 / 29 kg clean for Teens 14-15, 29 / 20 kg push press and 34 / 24 kg clean for Teens Scaled and Masters 55+ Scaled.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. Also film the process of measuring the line for the handstand push-ups. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards.

HANDSTAND PUSH-UP



Prior to starting you will need to establish the foot line for your handstand push-up. Stand facing the wall with your feet at hip width and your toes touching the wall. While standing tall, reach your hands over your head with your elbows straight, shoulders extended and your thumbs touching. From here, mark the height of your wrists, then measure down 3 inches and create a line on the wall. Mark your line with a permanent marker, chalk or tape. Judges may restore the line between rounds as needed.

Each handstand push-up begins and ends with the heels in contact with the wall and above the pre-marked line. The athlete may place their hands however they choose, as long as their heels are above the line.

At the bottom the head makes contact with the ground. The feet do not need to remain in contact with the wall for the entire movement, but must touch above the line at the beginning and end of each rep. Kipping is allowed.

PUSH PRESS



Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body.

The athlete may dip and drive with the legs while the weight is on the shoulders. However, once the barbell leaves the shoulder the hips and knees must remain straight until the weight is locked out overhead. No jerks.

At the top, the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. Using a rack is not permitted.

CLEAN



The barbell begins on the ground. Touch-and-go is permitted. No bouncing.



A muscle clean, power clean, squat clean or split clean may be used, as long as the barbell comes up to the shoulders, with the hips and knees fully extended with the feet in line and the elbows in front of the bar.



WEEK 4 WORKOUT VARIATIONS

Week 4 presented by



SUPERCHARGE YOUR WORKOUT / SPEED YOUR RECOVERY

RX'D

(Includes Masters up to 54 years old)

Complete as many reps as possible in 8 minutes of:

3 handstand push-ups

3 cleans

6 handstand push-ups

3 cleans

9 handstand push-ups

3 cleans

12 handstand push-ups

6 cleans

15 handstand push-ups

6 cleans

18 handstand push-ups

6 cleans

21 handstand push-ups

9 cleans

Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.

Men clean 185 lb.

Women clean 125 lb.

NOTE: Athletes in all Masters categories who choose to perform the scaled version of this workout will still be eligible to advance to the Masters Qualifier. They will be ranked below all athletes who performed the Rx'd version, but will not be ineligible for the next stage of competition.

MASTERS 55+

Complete as many reps as possible in 8 minutes of:

3 push presses

3 cleans

6 push presses

3 cleans

9 push presses

3 cleans

12 push presses

6 cleans

15 push presses

6 cleans

18 push presses

6 cleans

21 push presses

9 cleans

Etc., adding 3 reps to the push press each round, and 3 reps to the clean every 3 rounds.

Men push press 95 lb. and clean 115 lb.

Women push press 65 lb. and clean 75 lb.

SCALED

(Scaled Men & Women 18-54)

Complete as many rounds and reps as possible in 8 minutes of:

10 push presses

10 cleans

Men push press 95 lb. and clean 115 lb.

Women push press 65 lb. and clean 75 lb.

SCALED MASTERS 55+

Complete as many rounds and reps as possible in 8 minutes of:

10 push presses

10 cleans

Men push press 65 lb. and clean 75 lb.

Women push press 45 lb. and clean 55 lb.



WEEK 4 WORKOUT VARIATIONS

Week 4 presented by



TEENS

(Teens 14-17)

Complete as many reps as possible in 8 minutes of:

3 handstand push-ups

3 cleans

6 handstand push-ups

3 cleans

9 handstand push-ups

3 cleans

12 handstand push-ups

6 cleans

15 handstand push-ups

6 cleans

18 handstand push-ups

6 cleans

21 handstand push-ups

9 cleans

Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.

Boys 14-15 clean 95 lb.

Boys 16-17 clean 115 lb.

Girls 14-15 clean 65 lb.

Girls 16-17 clean 75 lb.

SCALED TEENS

(Scaled Teens 14-17)

Complete as many rounds and reps as possible in 8 minutes of:

Complete as many rounds and reps as possible in 8 minutes of:

10 push presses

10 cleans

Boys push press 65 lb. and clean 75 lb.

Girls push press 45 lb. and clean 55 lb.



WEEK 4 SCORECARD (RX'D)

Rx'd Men, Masters Men 40-44, Masters Men 45-49, Masters Men 50-54, Rx'd Women, Masters Women 40-44, Masters Women 45-49, Masters Women 50-54

Week 4 presented by



WORKOUT 15.4

(Includes Masters up to 54 years old)

Complete as many reps as possible in 8 minutes of:

3 handstand push-ups

3 cleans

6 handstand push-ups

3 cleans

9 handstand push-ups

3 cleans

12 handstand push-ups

6 cleans

15 handstand push-ups

6 cleans

18 handstand push-ups

6 cleans

21 handstand push-ups

9 cleans

Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.

Men clean 185 lb.

Women clean 125 lb.

ROUNDS	REPS		ROUNDS	REPS	
3 HANDSTAND PUSH-UPS	3		18 HANDSTAND PUSH-UPS	84	Time
3 CLEANS	6		6 CLEANS	90	
6 HANDSTAND PUSH-UPS	12		21 HANDSTAND PUSH-UPS	111	
3 CLEANS	15		9 CLEANS	120	
9 HANDSTAND PUSH-UPS	24	Time	24 HANDSTAND PUSH-UPS	144	
3 CLEANS	27		9 CLEANS	153	
12 HANDSTAND PUSH-UPS	39		27 HANDSTAND PUSH-UPS	180	
6 CLEANS	45		9 CLEANS	189	Time
15 HANDSTAND PUSH-UPS	60		30 HANDSTAND PUSH-UPS	219	
6 CLEANS	66		12 CLEANS	231	

ATHLETE NAME _____
Print _____

TOTAL REPS _____

TIEBREAK _____

WORKOUT LOCATION _____
Name of Affiliate _____

JUDGE _____
Print _____

Has judge passed CrossFit's Y/N
Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print _____

TOTAL REPS _____

TIEBREAK _____

WORKOUT LOCATION _____
Name of Affiliate _____

JUDGE _____
Print _____

Has Judge passed CrossFit's Y/N
Online Judges Course?

I confirm the information above accurately represents the athlete's performance
for the workout _____

Judge Signature _____ Date _____



WEEK 4 SCORECARD (MASTERS 55+)

Masters Men 55-59, Masters Men 60+, Masters Women 55-59, Masters Women 60+

Week 4 presented by



SUPERCHARGE YOUR WORKOUT / SPEED YOUR RECOVERY

WORKOUT 15.4

(Masters 55+)

Complete as many reps as possible in 8 minutes of:

- 3 push presses
- 3 cleans
- 6 push presses
- 3 cleans
- 9 push presses
- 3 cleans
- 12 push presses
- 6 cleans
- 15 push presses
- 6 cleans
- 18 push presses
- 6 cleans
- 21 push presses
- 9 cleans
- Etc., adding 3 reps to the push press each round, and 3 reps to the clean every 3 rounds.

Men push press 95 lb. and clean 115 lb.

Women push press 65 lb. and clean 75 lb.

ROUNDS	REPS	ROUNDS	REPS
3 PUSH PRESSES	3	18 PUSH PRESSES	84
3 CLEANS	6	6 CLEANS	90
6 PUSH PRESSES	12	21 PUSH PRESSES	111
3 CLEANS	15	9 CLEANS	120
9 PUSH PRESSES	24	24 PUSH PRESSES	144
3 CLEANS	27	9 CLEANS	153
12 PUSH PRESSES	39	27 PUSH PRESSES	180
6 CLEANS	45	9 CLEANS	189
15 PUSH PRESSES	60	30 PUSH PRESSES	219
6 CLEANS	66	12 CLEANS	231

ATHLETE NAME _____
Print _____

TOTAL REPS _____

TIEBREAK _____

WORKOUT LOCATION _____
Name of Affiliate _____

JUDGE _____
Print _____

Has judge passed CrossFit's Y/N
Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____

Athlete Signature _____

Date _____

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print _____

TOTAL REPS _____

TIEBREAK _____

WORKOUT LOCATION _____
Name of Affiliate _____

JUDGE _____
Print _____

Has Judge passed CrossFit's Y/N
Online Judges Course?

I confirm the information above accurately represents the athlete's performance
for the workout _____

Judge Signature _____

Date _____



WEEK 4 SCORECARD (TEENS)

Teen Boys 14-15, Teen Boys 16-17, Teen Girls 14-15, Teen Girls 16-17

Week 4 presented by



SUPERCHARGE YOUR WORKOUT / SPEED YOUR RECOVERY

WORKOUT 15.4

(Teens 14-17)

Complete as many reps as possible in 8 minutes of:

- 3 handstand push-ups
 - 3 cleans
 - 6 handstand push-ups
 - 3 cleans
 - 9 handstand push-ups
 - 3 cleans
 - 12 handstand push-ups
 - 6 cleans
 - 15 handstand push-ups
 - 6 cleans
 - 18 handstand push-ups
 - 6 cleans
 - 21 handstand push-ups
 - 9 cleans
- Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.

Boys 14-15 clean 95 lb.

Boys 16-17 clean 115 lb.

Girls 14-15 clean 65 lb.

Girls 16-17 clean 75 lb.

ROUNDS	REPS		ROUNDS	REPS	
3 HANDSTAND PUSH-UPS	3		18 HANDSTAND PUSH-UPS	84	
3 CLEANS	6		6 CLEANS	90	Time
6 HANDSTAND PUSH-UPS	12		21 HANDSTAND PUSH-UPS	111	
3 CLEANS	15		9 CLEANS	120	
9 HANDSTAND PUSH-UPS	24		24 HANDSTAND PUSH-UPS	144	
3 CLEANS	27	Time	9 CLEANS	153	
12 HANDSTAND PUSH-UPS	39		27 HANDSTAND PUSH-UPS	180	
6 CLEANS	45		9 CLEANS	189	Time
15 HANDSTAND PUSH-UPS	60		30 HANDSTAND PUSH-UPS	219	
6 CLEANS	66		12 CLEANS	231	

ATHLETE NAME _____
Print _____

TOTAL REPS _____

TIEBREAK _____

WORKOUT LOCATION _____
Name of Affiliate _____

JUDGE _____
Print _____

Has judge passed CrossFit's Y/N
Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print _____

TOTAL REPS _____

TIEBREAK _____

WORKOUT LOCATION _____
Name of Affiliate _____

JUDGE _____
Print _____

Has Judge passed CrossFit's Y/N
Online Judges Course?

I confirm the information above accurately represents the athlete's performance
for the workout _____
Judge Signature _____ Date _____



WEEK 4 SCORECARD (SCALED)

Scaled Men, Scaled Masters Men 40-44, Scaled Masters Men 45-49, Scaled Masters Men 50-54,
 Scaled Women, Scaled Masters Women 40-44, Scaled Masters Women 45-49,
 Scaled Masters Women 50-54

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Compex®
 SUPERCHARGE YOUR WORKOUT / SPEED YOUR RECOVERY

WORKOUT 15.4

(Scaled Men & Women 18-54)

Complete as many rounds and reps as possible in 8 minutes of:

10 push presses
10 cleans

Men push press 95 lb. and clean 115 lb.

Women push press 65 lb. and clean 75 lb.

ROUNDS	REPS
10 PUSH PRESSES	10
10 CLEANS	20
10 PUSH PRESSES	30
10 CLEANS	40
10 PUSH PRESSES	50
10 CLEANS	60
10 PUSH PRESSES	70
10 CLEANS	80
10 PUSH PRESSES	90
10 CLEANS	100

ROUNDS	REPS
10 PUSH PRESSES	110
10 CLEANS	120
10 PUSH PRESSES	130
10 CLEANS	140
10 PUSH PRESSES	150
10 CLEANS	160
10 PUSH PRESSES	170
10 CLEANS	180
10 PUSH PRESSES	190
10 CLEANS	200

ATHLETE NAME _____
 Print _____

TOTAL REPS _____

WORKOUT LOCATION _____ JUDGE _____
 Name of Affiliate _____ Print _____ Has judge passed CrossFit's Y / N
 Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____
 Athlete Signature _____ Date _____

Affiliate Copy _____
 Athlete Copy _____

ATHLETE NAME _____
 Print _____

TOTAL REPS _____

WORKOUT LOCATION _____ JUDGE _____
 Name of Affiliate _____ Print _____ Has Judge passed CrossFit's Y / N
 Online Judges Course?

I confirm the information above accurately represents the athlete's performance
 for the workout _____
 Judge Signature _____ Date _____



WEEK 4 SCORECARD (SCALED MASTERS 55+)

Scaled Masters Men 55-59, Scaled Masters Men 60+, Scaled Masters Women 55-59,
Scaled Masters Women 60+

Week 4 presented by



WORKOUT 15.4

(Scaled Masters 55+)

Complete as many rounds and reps as possible in 8 minutes of:

10 push presses

10 cleans

Men push press 65 lb. and clean 75 lb.

Women push press 45 lb. and clean 55 lb.

ROUNDS	REPS
10 PUSH PRESSES	10
10 CLEANS	20
10 PUSH PRESSES	30
10 CLEANS	40
10 PUSH PRESSES	50
10 CLEANS	60
10 PUSH PRESSES	70
10 CLEANS	80
10 PUSH PRESSES	90
10 CLEANS	100
10 PUSH PRESSES	110
10 CLEANS	120
10 PUSH PRESSES	130
10 CLEANS	140
10 PUSH PRESSES	150
10 CLEANS	160
10 PUSH PRESSES	170
10 CLEANS	180
10 PUSH PRESSES	190
10 CLEANS	200

ATHLETE NAME _____
Print _____

TOTAL REPS _____

WORKOUT LOCATION _____ JUDGE _____
Name of Affiliate _____ Print _____ Has judge passed CrossFit's Y / N
Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____ Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print _____

TOTAL REPS _____

WORKOUT LOCATION _____ JUDGE _____
Name of Affiliate _____ Print _____ Has Judge passed CrossFit's Y / N
Online Judges Course?

I confirm the information above accurately represents the athlete's performance
for the workout _____ Judge Signature _____ Date _____



WEEK 4 SCORECARD (SCALED TEENS)

Scaled Teen Boys 14-15, Scaled Teen Boys 16-17, Scaled Teen Girls 14-15,
Scaled Teen Girls 16-17

Week 4 presented by



WORKOUT 15.4

(Scaled Teens 14-17)

Complete as many rounds and reps as possible in 8 minutes of:

10 push presses

10 cleans

Boys push press 65 lb. and clean 75 lb.

Girls push press 45 lb. and clean 55 lb.

ROUNDS	REPS
10 PUSH PRESSES	10
10 CLEANS	20
10 PUSH PRESSES	30
10 CLEANS	40
10 PUSH PRESSES	50
10 CLEANS	60
10 PUSH PRESSES	70
10 CLEANS	80
10 PUSH PRESSES	90
10 CLEANS	100
10 PUSH PRESSES	110
10 CLEANS	120
10 PUSH PRESSES	130
10 CLEANS	140
10 PUSH PRESSES	150
10 CLEANS	160
10 PUSH PRESSES	170
10 CLEANS	180
10 PUSH PRESSES	190
10 CLEANS	200

ATHLETE NAME _____
Print _____

TOTAL REPS _____

WORKOUT LOCATION _____ JUDGE _____
Name of Affiliate _____ Print _____ Has judge passed CrossFit's Y / N
Online Judges Course?

I confirm the information above accurately represents my performance for the workout _____ Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

ATHLETE NAME _____
Print _____

TOTAL REPS _____

WORKOUT LOCATION _____ JUDGE _____
Name of Affiliate _____ Print _____ Has Judge passed CrossFit's Y / N
Online Judges Course?

I confirm the information above accurately represents the athlete's performance
for the workout _____ Judge Signature _____ Date _____