



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19

Presented by



WORKOUT 18.4

21 deadlifts (weight 1)
21 handstand push-ups
15 deadlifts (weight 1)
15 handstand push-ups
9 deadlifts (weight 1)
9 handstand push-ups
21 deadlifts (weight 2)
50-ft. handstand walk
15 deadlifts (weight 2)
50-ft. handstand walk
9 deadlifts (weight 2)
50-ft. handstand walk

Time cap: 9 minutes

VARIATIONS

Rx'd: (Ages 16-54)

Men deadlift 225 lb. then 315 lb.
Women deadlift 155 lb. then 205 lb.

Scaled: (Ages 16-54)

Men deadlift 135 lb. and perform hand-release push-ups,
then deadlift 185 lb. and bear crawl
Women deadlift 95 lb. and perform hand-release push-ups,
then deadlift 135 lb. and bear crawl

Teenagers 14-15:

Boys deadlift 135 lb. then 185 lb.
Girls deadlift 95 lb. then 135 lb.

Scaled Teenagers 14-15:

Boys deadlift 75 lb. and perform hand-release push-ups,
then deadlift 95 lb. and bear crawl
Girls deadlift 55 lb. and perform hand-release push-ups,
then deadlift 75 lb. and bear crawl

Masters 55+:

Men deadlift 185 lb. and push press 95 lb., then deadlift 255 lb.
and perform sets of 10 handstand push-ups in place of handstand walks
Women deadlift 125 lb. and push press 65 lb., then deadlift 165 lb.
and perform sets of 10 handstand push-ups in place of handstand walks

Scaled Masters 55+:

Men deadlift 115 lb. and perform hand-release knee push-ups,
then deadlift 155 lb. and bear crawl
Women deadlift 80 lb. and perform hand-release knee push-ups,
then deadlift 105 lb. and bear crawl

NOTES

Prior to starting this workout, the athlete will need to mark a foot line on the wall for the handstand push-ups (details in Movement Standards section). He or she also will need to measure and mark lengths on the floor for the handstand walk. This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete may perform 21 deadlifts, then move to the wall for the 21 handstand push-ups. He or she will then complete 15 deadlifts and 15 handstand push-ups, then 9 deadlifts and 9 handstand push-ups.

The athlete then can move on to the heavier deadlifts to complete 21 deadlifts, a 50-ft. handstand walk, 15 deadlifts, another 50-ft. handstand walk, and finally, 9 deadlifts and a third 50-ft. handstand walk.

The athlete's score will be the time it takes to complete the workout or the total number of repetitions completed within the 9-minute time cap. In the handstand walk, each 5-foot section will count as 1 rep.

TIEBREAK

This workout includes a tiebreak. If all 165 reps are completed prior to the 9-minute time cap, your score will be your total time, and there will be no tiebreaker. However, if you are not able to complete the entire workout in the allotted time, a tiebreaker will be factored into your final score. During the workout, be sure to note your time at the end of each set of deadlifts. When you submit your score, there will be a space for your final rep count and an additional field for you to enter the elapsed time at which you completed your last full set of deadlifts. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

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.



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19

Presented by



EQUIPMENT

- Barbell
- Standard bumper plates (18-inch diameter) to load to the appropriate weights for your division
- Collars
- A wall mark for the handstand push-ups
- Floor marks for the handstand walk

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the deadlift are 143 kg (315 lb.), 115 kg (255 lb.), 102 kg (225 lb.), 93 kg (205 lb.), 83 kg (185 lb.), 75 kg (165 lb.), 70 kg (155 lb.), 61 kg (135 lb.), 56 kg (125 lb.), 52 kg (115 lb.), 47 kg (105 lb.), 43 kg (95 lb.), 36 kg (80 lb.), 34 kg (75 lb.) 29 kg (65 lb.), and 25 kg (55 lb.).

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

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the plates and barbell to be used so the loads can be seen clearly. Also film the measuring process for the handstand push-up mark and the length of the floor marks for the handstand walk so all measurements can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer with the running workout time clearly visible 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. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

MOVEMENT STANDARDS

DEADLIFT



This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed.



Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and the head and shoulders are behind the bar. The arms must be straight throughout. No bouncing. Two separate barbells may be used for deadlifting during the workout. If one barbell is used, the athlete may receive assistance with changing the load.



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19

Presented by



MOVEMENT STANDARDS

HANDSTAND PUSH-UP



Prior to starting, the athlete will need to establish the foot line on the wall for the handstand push-up. For the first step, measure the distance from the athlete's elbow to the athlete's middle knuckle while he or she makes a fist.



In step 2, the athlete will stand with his or her back to the wall on the same surface the hands will be on, with feet at hip width and heels touching the wall. A line will need to be drawn on the wall, marking the height of the top of the athlete's head.



From the mark for the top of the athlete's head (step 2), add **half the distance measured in step 1** and make a second mark. This will be the height of the target line for the handstand push-ups. For example, if an athlete is 65 inches tall and measures 14 inches from elbow to knuckle, he or she would add 7 inches to the height mark for a final target line of 72 inches.



Once the height of the target line is established, mark it with a marker, chalk or tape. Judges may restore the line between rounds as needed.



Every repetition of the handstand push-up begins and ends at the top of a handstand, with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms. The athlete's heels must start the rep above the pre-marked target line.



At the bottom, the athlete's head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates. 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.



OPEN WEEK 4

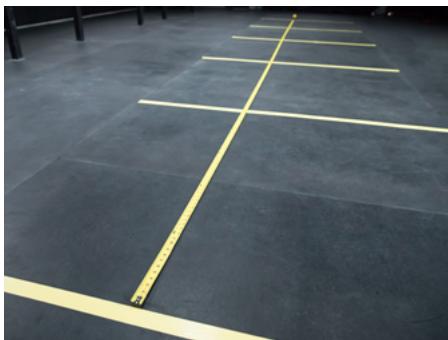
17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19

Presented by



MOVEMENT STANDARDS

HANDSTAND WALK



The handstand walk area must be divided into 5-ft. segments visibly marked on the floor. Ideally, the lane will have five consecutive segments, allowing a 25-foot walk in one direction and a 25-foot walk back. Walking more than 25 feet in one direction without turning around is not allowed.



The athlete must start with feet BEHIND the mark denoting the start of the segment being attempted, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep.



If at any time the athlete comes down from the hands, he or she must restart from the last increment crossed. Both hands, including palms and fingers, must cross the line marking the 5-foot increment to earn credit for that distance. Each 5-foot section will count as 1 rep.

HAND-RELEASE PUSH-UP (SCALED ONLY)



A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width.



At the bottom, the chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground.



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19

Presented by



MOVEMENT STANDARDS

BEAR CRAWL (SCALED ONLY)



The bear crawl area must be divided into 5-ft. segments visibly marked on the floor. Ideally, the lane will have five consecutive segments, allowing a 25-foot crawl in one direction and a 25-foot crawl back. Crawling more than 25 feet in one direction without turning around is not allowed.



The athlete must place both hands (entire hand, including palm and fingers) on the ground BEHIND the mark denoting the start of the segment being attempted. Reaching across the line and placing hands into the segment constitutes a no rep. During the bear crawl, the athlete must touch both palms to the floor and raise the hips above the height of the head so as to be supporting some body weight with the arms.



If at any time the athlete stands up, drops to the floor, or drops the hips below the height of the head, he or she must restart from the last increment crossed. Both hands and both feet must cross the line marking the 5-foot increment to earn credit for that distance. Each 5-foot section will count as 1 rep.

PUSH PRESS (MASTERS 55+ ONLY)



Each rep of the push press begins with the barbell at 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 arms, hips and knees are fully extended, and the bar finishes directly over the middle of the body with the feet in line under the body. Using a rack is not permitted. Athletes may have two separate barbells for the deadlifts and another barbell for the push presses.



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19

Presented by



MOVEMENT STANDARDS

HAND-RELEASE KNEE PUSH-UP (SCALED MASTERS 55+ ONLY)



A straight body position must be maintained throughout the push-up. No snaking or sagging. The elbows must be locked out at the top with the knees no wider than shoulder width.

At the bottom, the chest (nipple line or above) must touch the floor, and the hands must be lifted completely off the ground.



OPEN WEEK 4 SCORECARD (ALL)

17:00 PT, THURSDAY, MARCH 15, THROUGH 17:00 PT, MONDAY, MARCH 19

Presented by



WORKOUT 18.4

For time:

21 deadlifts (weight 1)
21 handstand push-ups
15 deadlifts (weight 1)
15 handstand push-ups

9 deadlifts (weight 1)
9 handstand push-ups

21 deadlifts (weight 2)
50-ft. handstand walk
15 deadlifts (weight 2)
50-ft. handstand walk
9 deadlifts (weight 2)
50-ft. handstand walk

Time cap: 9 minutes

WEIGHT 1	21 Deadlifts	21	TIME
	15 Deadlifts	57	TIME
	9 Deadlifts	81	TIME

21 Handstand Push-Ups	42
15 Handstand Push-Ups	72
9 Handstand Push-Ups	90

WEIGHT 2	21 Deadlifts	111	TIME
	15 Deadlifts	136	TIME
	9 Deadlifts	155	TIME

50-ft. Handstand Walk	5'__ 10'__ 15'__ 20'__ 25'__ 30'__ 35'__ 40'__ 45'__ 50'__ 121
50-ft. Handstand Walk	5'__ 10'__ 15'__ 20'__ 25'__ 30'__ 35'__ 40'__ 45'__ 50'__ 146
50-ft. Handstand Walk	5'__ 10'__ 15'__ 20'__ 25'__ 30'__ 35'__ 40'__ 45'__ 50'__ 165

VARIATIONS

Rx'd: (Ages 16-54)

Men deadlift 225 lb. then 315 lb.
Women deadlift 155 lb. then 205 lb.

Scaled: (Ages 16-54)

Men deadlift 135 lb. and perform hand-release push-ups, then deadlift 185 lb. and bear crawl
Women deadlift 95 lb. and perform hand-release push-ups, then deadlift 135 lb. and bear crawl

Teenagers 14-15:

Boys deadlift 135 lb. then 185 lb.
Girls deadlift 95 lb. then 135 lb.

Scaled Teenagers 14-15:

Boys deadlift 75 lb. and perform hand-release push-ups, then deadlift 95 lb. and bear crawl
Girls deadlift 55 lb. and perform hand-release push-ups, then deadlift 75 lb. and bear crawl

Masters 55+:

Men deadlift 185 lb. and push press 95 lb., then deadlift 255 lb. and perform sets of 10 handstand push-ups in place of handstand walks
Women deadlift 125 lb. and push press 65 lb., then deadlift 165 lb. and perform sets of 10 handstand push-ups in place of handstand walks

Scaled Masters 55+:

Men deadlift 115 lb. and perform hand-release knee push-ups, then deadlift 155 lb. and bear crawl
Women deadlift 80 lb. and perform hand-release knee push-ups, then deadlift 105 lb. and bear crawl

Rx'd Scaled

ATHLETE NAME _____ **TIME** _____ **OR REPS AT 9 MIN.** _____
Print _____

TIEBREAK TIME _____

AFFILIATE _____ **JUDGE NAME** _____
Name of Affiliate _____ Print _____ Initial _____
Has Judge passed CrossFit's Online Judges Course? Y / N

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

Affiliate Copy _____ Athlete Copy _____ Athlete Signature _____ Date _____

WORKOUT 18.4 Rx'd Scaled
ATHLETE NAME _____ **TIME** _____ **OR REPS AT 9 MIN.** _____
Print _____

TIEBREAK TIME _____

AFFILIATE _____ **JUDGE NAME** _____
Name of Affiliate _____ Print _____ Initial _____
Has Judge passed CrossFit's Online Judges Course? Y / N