



# EVENT 4

TEAM NAME: \_\_\_\_\_ JUDGES NAME: \_\_\_\_\_ ADV.  INT.  MAST.

RXD	INTERMEDIATE/MASTERS
<p><b>FOR TIME (WITH A 22 MINUTE TIME CAP)</b></p> <p>50 Wall balls @ 6kg to 9ft            40 Toes to Bar            30 Squat Cleans @ 45kg            20 strict handstand push ups            10 bar muscle ups            20 strict handstand push ups            30 squat cleans @ 45kg            40 toes to bar            50 wall balls @ 6kg to 9ft</p> <p>Split Reps as Required            One athlete working at a time</p>	<p><b>FOR TIME (WITH A 22 MINUTE TIME CAP)</b></p> <p>50 Wall balls @ 6kg to 9ft            40 Toes to Bar            30 Squat Cleans @ 35kg            20 handstand push ups            10 chest to bar pull ups            20 handstand push ups            30 squat cleans @ 35kg            40 toes to bar            50 wall balls @ 6kg to 9ft</p> <p>Split Reps as Required            One athlete working at a time</p> <p><b><u>Masters may make the following substitutions if required:</u></b>  <i>Toes to bar - 3 x knee raises</i>  <i>Handstand push ups - 3 x 10kg dual Dumbbell push press</i>  <i>Chest to bar - 3 x jumping pull ups</i></p> <p style="text-align: center;"><b><u>3 substituted reps = 1 rep</u></b></p>

	Wall Balls	Toes to Bar	Cleans	HSPU	Muscle Ups /Chest to Bar	HSPU	Cleans	Toes to Bar	Wall Balls
10									
20									
30									
40									
50									
REPS	50	90	120	140	150	170	200	240	290

Completed Time: \_\_\_\_\_ or Completed Reps if Time Capped \_\_\_\_\_



# EVENT 4

TEAM NAME: \_\_\_\_\_

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

BEG.

### BEGINNERS

#### FOR TIME (WITH A 22 MINUTE TIME CAP)

- 50 Wall balls @ 4kg to 9ft
- 120 Knee Raises
- 30 Squat Cleans @ 25kg
- 60 dual dumbbell shoulder to overhead @ 10kg
- 30 jumping pull ups
- 60 dual dumbbell shoulder to overhead @ 10kg
- 30 squat cleans @ 25kg
- 120 Knee Raises
- 50 wall balls @ 4kg to 9ft

Split Reps as Required  
One athlete working at a time

	Wall Balls	Knee Raises	Cleans	S2O	Jumping Pull Ups	S2O	Cleans	Knee Raises	Wall Balls
10									
20									
30									
40									
50									
60									
70									
80									
90									
100									
110									
120									
REPS	50	170	200	260	290	350	380	500	550

Completed Time: \_\_\_\_\_ or Completed Reps if Time Capped \_\_\_\_\_