

WOD 4A & 4B

SCORECARD

ALL RX DIVISIONS



ATHLETE
NAME

JUDGE NAME

9MIN CAP

WOD

4A

6 Pull Ups
5 Toes 2 Bar
4 Deadlifts
3 Power Cleans
2 Front Squats
1 Shoulder 2 Overhead
5mins AMRAP

REST 1min

4B

@ 06:00 - 09:00 Cap
Find 1 RM Squat Clean

DIVISION STANDARDS

Pull Ups

- Chin over bar

Toes 2 Bar

- Both feet must touch bar at same time, inside hands

Full lockout for all barbell movements

Squat Clean

- Must break parallel at bottom of squat

	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	R13	R14	R15
6 Pull Ups															
5 Toe 2 Bar															
4 Deadlifts															
3 Power Cleans															
2 Front Squats															
1 Shoulder 2 Overhead															
Total reps	21	42	63	84	105	126	147	168	189	210	231	252	273	294	315

4A TOTAL
REPS

4B TOTAL
WEIGHT (KG)

SIGNATURE