

# WOD 4A & 4B

## SCORECARD

### ALL NON RX DIVISIONS



ATHLETE  
NAME

JUDGE NAME

## 9MIN CAP

### WOD

#### 4A

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 Power Clean

### DIVISION STANDARDS

Full lockout for all barbell movements

Power Clean

- Must be caught above parallel

	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12	R13	R14	R15
4 Deadlifts															
3 Power Cleans															
2 Front Squats															
1 Shoulder 2 Overhead															
Total reps	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150

4A TOTAL  
REPS

4B TOTAL  
WEIGHT (KG)

SIGNATURE