

*Happy New Year!*

*Will you be at the Summergames this year? It's coming closer! Let's add another two workouts to the leaderboard.*

*This time you'll get something to choose. Are you ready for a little tactical thinking?*

*All workouts need to be done within the time frame given. When logging your scores, it is not allowed to combine scores from different attempts. All two scores need to be from the same attempt and the same video.*

*Never underestimate yourself, and just make that video! You'll be disappointed if you haven't filmed, and suddenly you're in a top spot in your division.*

*In case of a tie, the athlete with the highest ranking will receive the prize. If both athletes have the same ranking, the athlete with the highest rank on event 4A will receive the prize.*

*If you have any questions, or problems with logging, contact us at [contact@crossfitironsparks.com](mailto:contact@crossfitironsparks.com)*

*Good luck!*

*Team The Nationals*

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#### **Note on Rx and Scaled**

For each event, you can choose between the Rx and Scaled version.

For 4A (reps + time)

- If you choose to do 4A Rx, add **2000** to your reps.
- If you choose to do 4A Scaled, add **1000** your reps.

For 4B (kilograms)

- If you choose to do 4A Rx, add **2000** to your total kg.
- If you choose to do 4A Scaled, add **1000** your total kg.

One rep Rx will be above all people who did the workout Scaled.

This way, it is easy to see who did Rx and Scaled and Rx athletes will always be ranked higher than Scaled. In the future, we're planning on an update in the App to be able to work with Rx and Scaled, but until then, we have to fix it this way.

Conversions from metric to imperial for WOD 4

This are minimum acceptable weights

Equipment	Kilograms	Pounds
Medball / Kettlebell	4	8, 9 or 10
	6	14
	9	20
Barbell	2,5	6
	5	11
	7,5	16
	10	22
	12,5	27
	15	35
	20	45
	25	55
	30	65
	35	75
	40	90
	45	100
	50	110
	60	130
	90	200
Dumbbell	5	10
	7,5	15
	8	15
	10	25
	12,5	30
	15	35
	17,5	40
	20	45

Movement	Centimeters	Foot
Wall Balls	150	5
	180	6
	230	7,5
	275	9
	300	10

Rx

	Intellectual	Short Stature	Lower 1	Lower 2	Neuro Major
FROM 0:00-13:00	For Time - Cap 13  Choose between: - Finish full movement, in any order - 10 rounds of Wall Balls (WBS), Deadlifts (DL) and Pull-up variation - 5 rounds of Wall Balls (WBS), Deadlifts (DL) and Pull-up variation  To accumulate the reps below				
	50 Wall Balls Light 6/4kg 40 Deadlifts 35/25kg 40 Ring Rows Light	80 Wall Balls 9/6kg 50 Deadlifts 90/60kg 50 Pull-ups	100 Wall Balls 9/6kg 40 Deadlifts 90/60kg 50 Pull-ups	100 Wall Balls 9/6kg 50 Deadlifts 90/60kg 50 Pull-ups	80 Wall Balls Light 9/6kg 50 Deadlifts 60/40kg 50 Pull-ups
	<b>Total reps</b>	<b>130</b>	<b>180</b>	<b>190</b>	<b>200</b>
4 MINUTE BREAK					
FROM 17:00-20:00	AMRAP 3 minutes For max load (kg x reps)  Bench Press  You can choose between these loads:				
MALES	20-25-30-35-40-45-50KG				
FEMALES	15-20-25-30-35KG				

### Scaled

You'll do the same format, same number of reps, only change the weights and movements.

	Intellectual	Short Stature	Lower 1	Lower 2	Neuro Major
	No scaled option available	80 Wall Balls 6/4kg 50 Deadlifts 50/35kg 50 Ring Rows	100 Wall Balls 6/4kg 40 Deadlifts 50/35kg 50 Ring Rows	100 Wall Balls 6/4kg 50 Deadlifts 50/35kg 50 Ring Rows	80 Wall Balls Light 6/4kg 50 Deadlifts 45/30kg 50 Ring Rows

Rx

	Upper 1	Upper 2	Neuro Minor	Sensory
FROM 0:00-13:00	For Time - Cap 13  Choose between: - Finish full movement, in any order - 10 rounds of Wall Balls (WBS), Deadlifts (DL) and Pull-up variation - 5 rounds of Wall Balls (WBS), Deadlifts (DL) and Pull-up variation  To accumulate the reps below			
	100 Wall Balls 6/4kg 50 Deadlifts 90/60kg 40 Pull-ups	100 Wall Balls 6/4kg 50 Deadlifts 90/60kg 50 Pull-ups	100 Wall Balls 9/6kg 50 Deadlifts 90/60kg 50 Pull-ups	100 Wall Balls 9/6kg 50 Deadlifts 90/60kg 50 Pull-ups
	<i>Total reps</i>	190	200	200
	4 MINUTE BREAK			
FROM 17:00-20:00	AMRAP 3 minutes For max load (kg x reps)  Single Dumbbell Bench Press  You can choose between these loads:		AMRAP 3 minutes For max load (kg x reps)  Bench Press  You can choose between these loads:	
MALES	10-12,5-15-17,5-20kg		20-25-30-35-40-45-50KG	
FEMALES	5-7,5-10-12,5-15kg		15-20-25-30-35KG	

### Scaled

You'll do the same format, same number of reps, only change the weights and movements.

	Upper 1	Upper 2	Neuro Minor	Sensory
	100 Wall Balls 6/4kg 50 Deadlifts 50/35kg 40 Single Arm Ring Rows	100 Wall Balls 6/4kg 50 Deadlifts 50/35kg 50 Ring Rows or	100 Wall Balls 6/4kg 50 Deadlifts 50/35kg 50 Ring Rows	100 Wall Balls 6/4kg 50 Deadlifts 50/35kg 50 Ring Rows

Rx

	Seated w/o Abs	Seated w Abs	Seated Tetraplegic
FROM 0:00-13:00	<p>For Time - Cap 13</p> <p>Choose between:</p> <ul style="list-style-type: none"> <li>- Finish full movement, in any order</li> <li>- 10 rounds of Wall Balls (WBS), Deadlifts (DL) and Pull-up variation</li> <li>- 5 rounds of Wall Balls (WBS), Deadlifts (DL) and Pull-up variation</li> </ul> <p>To accumulate the reps below</p>		
	80 Wheelchair Wall Balls 6/4kg 30 Dual DB Deadlifts 10/8kg 20 Wheelchair Pull-ups	80 Wheelchair Wall Balls 9/6kg 30 Dual DB Deadlifts 15/10kg 20 Wheelchair Pull-ups	60 Wheelchair Wall Balls 9/6kg 20 Chest Banded Dual KB Deadlifts 6/4kg 10 Cal Ski Erg
	<i>Total reps</i>	130	130
4 MINUTE BREAK			
FROM 17:00-20:00	<p>AMRAP 3 minutes For max load (kg x reps)</p> <p>Barbell Strict Press</p> <p>You can choose between these loads:</p>		<p>AMRAP 3 minutes For max load (kg x reps)</p> <p>Barbell Strict Press</p> <p>You can choose between these loads:</p>
MALES	15-20-25-30-35-40kg		5-7,5-10-12,5-15-20-25kg
FEMALES	10-15-20-25-30kg		2,5-5-7,5-10-12,5-15kg

### Scaled

You'll do the same format, same number of reps, only change the weights and movements.

	Seated w/o Abs	Seated w Abs	Seated Tetraplegic
	80 Wheelchair Wall Balls 6/4kg 30 Dual DB Deadlifts 10/8kg 20 Wheelchair Ring Rows	80 Wheelchair Wall Balls 9/6kg 30 Dual DB Deadlifts 10/8kg 20 Wheelchair Ring Rows	No scaled option available

**SCORING**

Event 4A = Time + Reps

If the athlete did not finish all reps, the score is 13:00 + reps completed within the 13 minutes.

If the athlete completed all reps, the score is time to finish + all reps (number depends on division).

Event 4B = weight in KG

Weight used x the number of reps in KG. Use the charts in the end of this document.

**VIDEO STANDARDS**

- Start the video with stating your full name and box. Then show the weight of the medball, dumbbell, kettlebell, the weight on the barbell, the ring row set-up (if applicable). (You can show the bench press weight in the break). Also say in the camera which rep scheme you are going to do.
- Show the height on the wall of the wall ball target with a ruler if it's not the standard 300/275cm.
- Say in the camera if you're going to perform the workout as Rx or Scaled.
- The video must be uncut and unedited. Fisheye lenses are not allowed.
- An ascending clock (0 -> 20) must be visible during the whole workout.
- The athlete must be in the frame during the whole workout.
- Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count.

**WORKOUT FLOW**

Before the workout starts, the athlete must choose which variation to do and which weight to use for the bench press. Once the clock is running, you can not switch between rep schemes. IF the athlete chooses to do all reps at once, he/she may determine the order, for example, first all deadlifts, then all wall balls, then all pullups.

The workout starts with the athlete standing tall behind the medball. The athlete can not touch the medball yet. On the call of 3-2-1 GO the athlete may touch the medball and start with the first set of Wall Balls. When the assigned number of reps is done, the athlete proceeds to the Deadlifts followed by the Pull-up variation. Depending on the chosen rep scheme, the athlete does the number of rounds to complete the total reps needed to finish the workout. If the athlete can not perform one of the movements, that is where the workout stops.

Event 4A is done when all reps are performed OR when the clock hits 13:00. The score for this workout is time AND reps completed. If the athlete did not finish all reps, the score is 13:00 + reps completed within the 13 minutes. If the athlete completed all reps, the score is time to finish + all reps (number depends on division).

The athlete rests until the clock hits 17:00.

Before the clock hits 17:00, the athlete needs to change the barbell from the deadlift to the bench press. Only one and the same weight may be used, so no switching during the bench presses. Any reps made before 17:00 will not count. When the clock hits 17:00, the athlete accumulates as many bench presses as possible in 3 minutes. The athlete may put the bar down in the rack between sets. If a spotter is used, he/she may not be near the barbell with their hands. If on the video it is not sure if the spotter is helping, the rep will not count. The spotter may not help in any way. This also includes racking and unracking the bar. Doing so will result in a no rep. The spotter is only there to help in case of a fail.

The score for Event 4B is the weight used x the number of reps in KG. Use the charts in the end of this document.

It is the responsibility of the athlete and judge to perform the movements according to the movement standards. In case of doubt by the judge or organization, the repetition will be no-repped.

**MOVEMENT STANDARDS**

**GENERAL RULES**

- Tape and/or grips may be used.
- Using a box to get into the rig is allowed. Jumping Pull-ups are not allowed.
- Only 1 barbell may be used and no one else than the athlete may load the bar. Always show the weight of the barbell in your video.
- A rack is allowed for the bench/strict press.
- Clips must always be on the outside of all plates. Clips do not count for weight on the barbell. For safety reasons, it is allowed to not use clips on the bench press.
- The barbell may never be dropped behind. If this happens, it is a no rep.
- Make sure to show control in the end of every movement. Fast is good, but too fast can cost you a no-rep.
- In doubt about a standard? Contact us at [info@crossfitironsparks.com](mailto:info@crossfitironsparks.com)

**WALL BALL LIGHT**

Intellectual and Neuro Major athletes will throw to a 230cm target. Show this in your video.

In the start of the Wall Ball, the medicine ball must be in the support position in front of the body. The athlete bends the knees and hips (makes a dip). The athlete throws the ball to the target. The rep is credited when the center of the ball hits the target at or above the specified height.

**WALL BALL**

Female will throw to a 9 foot/275cm target.

Male will throw to a 10 foot/300cm target.

Exception: Short Stature division will use a 180cm target. Show this in your video.

In the start of the Wall Ball, the medicine ball must be in the support position in front of the body. The athlete squats until the hip crease is below the knee. The athlete throws the ball to the target. The rep is credited when the center of the ball hits the target at or above the specified height.

*Lower 1 division does wall balls to a 50cm box.*

**WHEELCHAIR WALL BALL**

Before starting, tape a line on the wall at 230cm (Seated with & without abs) / 150cm (Tetraplegic). Show this in your video.

The movement starts with the athlete seated in the wheelchair, the medball in the athlete's hands. The athlete throws the medball to the wall. The medball must touch the wall above the tape to count.

The athlete may use assistance to get the ball of the floor.



### **RING ROWS**

Start with taping a clear line on the floor, straight under the rings. This must be taped so it can be viewed from your chosen camera angle. For the height of the rings, the athlete needs to stand tall in between the rings, and with feet on the taped line. The lowest end of the rings should be equal than or lower than the elbow of the athlete (see photo). Show this in the beginning of your video.

The movement starts with the athlete having both feet/heels completely over the taped line on the floor. The athlete holds the rings in his/her hands and has extension in hips, knees and elbows. The rep is credited when athlete pulls himself up until the rings or thumbs are clearly touching the body AND hips and knees are fully extended.

### **RING ROWS LIGHT (Intellectual only)**

Same standards apply as the regular ring row BUT the height of the rings is as follows: the bottom of the ring is at the top of the shoulder height (see photo)

### **SINGLE ARM RING ROWS**

Start with taping a clear line on the floor, straight under the ring. This must be taped so it can be viewed from your chosen camera angle. For the height of the ring, the athlete needs to stand next to the ring, and with feet on the line. The lowest end of the ring should be equal than or lower than the shoulder of the athlete (see photo). Show this in the beginning of your video.

The movement starts with the athlete having both feet/heels completely over the taped line on the floor. The athlete holds the ring in his/her hand and has extension in hips, knees and elbows. The rep is credited when athlete pulls himself up until the ring or thumb is clearly touching the body AND hips and knees are fully extended.

### **PULL-UPS**

The movement starts with the athlete hanging from the rig, with elbows fully extended and both feet behind the vertical plane of the pull-up rig. The athlete moves their body up until the chin is clearly above the pull-up bar. This may be done strict, kipping or butterfly as long as all standards are met and no other parts of the body than the hands touch the rig.

### **WHEELCHAIR PULL-UP**

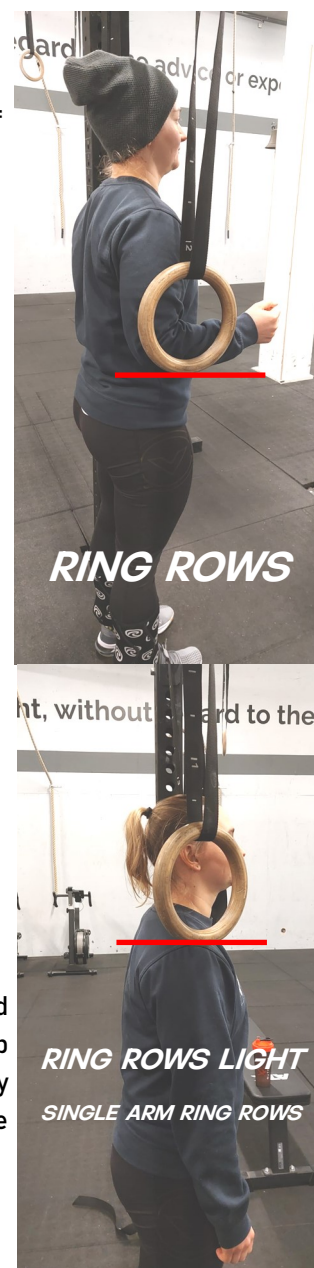
Racked barbell is at wrist height when athlete is seated under the bar with elbows extended. Show this in the beginning of your video.

The athlete starts seated in the fixed wheelchair in front of the racked barbell. The movement starts with the athlete holding on to the barbell with elbows extended. The athlete pulls himself up until the chin is clearly higher than the barbell. This is one repetition.

### **WHEELCHAIR RING ROWS**

For the height of the rings, the athlete needs to sit underneath the rings with arms overhead and elbows extended. The lowest end of the rings should be equal than or lower than the wrists of the athlete. Show this in the beginning of your video.

The athlete starts seated in the fixed wheelchair below the rings. The movement starts with the athlete holding on to the rings with elbows extended. The athlete pulls himself up until the eyes are clearly higher than the hands/ rings. This is one repetition.



### **DEADLIFT**

The movement starts with the barbell touching the floor with both bumper plates at the same time. The athlete stands behind the bar and picks the bar up with both hands outside the legs (no sumo deadlifts). The athlete lifts the weight up until hips and knees are fully extended and the shoulders are behind the barbell. This is one repetition.

Touch and go reps are allowed, bouncing (slamming the bar into the floor to use the bounce) is not allowed.

### **DOUBLE DUMBBELL/KETTLEBELL DEADLIFT (*Wheelchair divisions*)**

The movement starts with the kettlebells / one head of each dumbbell touching the elevated floor\*. The athlete lifts the weights up until the hip is extended and the shoulders are straight above the hips. This is one repetition.

The elevation can be made with for example a plate or floor tiles. Measure the height in the beginning of your video.

- Seated with abs: 4cm
- Seated without abs & tetraplegic: 6cm

*Tetraplegic athletes can use a chest band with a maximum of 35kg resistance. The athlete may not receive any assistance by others pulling him back. Show the resistance of the band in the beginning of your video.*

### **BARBELL BENCH PRESS**

The bench press starts with the athlete lying with his/her glutes and upper back on the bench, feet on the floor, the bar above the chest of the athlete and elbows in full extension.

At the bottom, the barbell must make contact with the chest below the collar bone. The feet must remain in contact with the floor. The glutes and upper back must be in contact with the bench.

Then the athlete presses back into the starting position. Make sure to show control AND proper lockout before rerecking the weight or going into your next rep.

The feet must stay in contact with the floor during the whole movement. For shorter athletes, plates or floor tiles may be used to create a platform to put the feet on.

### **SINGLE DUMBBELL BENCH PRESS**

The bench press starts with the athlete lying with his/her glutes and upper back on the bench, feet on the floor, the dumbbell above the shoulder of the athlete and elbow in full extension.

At the bottom, the dumbbell must make contact with the chest below the collar bone. The feet must remain in contact with the floor. The glutes and upper back must be in contact with the bench.

Then the athlete presses back into the starting position. Make sure to show control AND proper lockout before going into your next rep.

The feet must stay in contact with the floor during the whole movement. For shorter athletes, plates or floor tiles may be used to create a platform to put the feet on.

All reps must be done with one and the same arm. No switching allowed.

***SKI ERG (Tetraplegic only)***

The movement starts with the monitor on 0 calories. The athlete grabs the handles and starts skiing until the monitor displays the assigned number of calories. If multiple rounds are made, each round, the monitor has to be on 0 at the start. The monitor may be reset by the judge or another person.

The athlete may receive assistance in grabbing the handles.

***BARBELL STRICT PRESS (Wheelchair divisions only)***

The strict press starts with the athlete holding the barbell in front rack position, where the elbows are in front of the bar and the barbell is in contact with the shoulders.

The athlete presses the barbell up to an overhead position, in which the barbell is straight above the head of the athlete and elbows are fully locked.

The athlete may receive assistance in getting the barbell in the front rack position.

**Intellectual**

<b>A</b>	FOR TIME	For time	50 Wall Balls	40 Deadlifts	40 Ring Rows Light
	FROM	Round 1			
	0:00-13:00	TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	5 rounds for time	10 Wall Balls	8 Deadlifts	8 Ring Rows Light
		Round 1	10	18	26
		Round 2	36	44	52
		Round 3	62	70	78
		Round 4	88	96	104
		Round 5	114	122	130
		TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	10 rounds for time	5 Wall Balls	4 Deadlifts	4 Ring Rows Light
		Round 1	5	9	13
		Round 2	18	22	26
		Round 3	31	35	39
		Round 4	44	48	52
		Round 5	57	61	65
		Round 6	70	74	78
		Round 7	83	87	91
		Round 8	96	100	104
		Round 9	109	113	117
		Round 10	122	126	130
		TIME			

4 MINUTE BREAK UNTIL 17:00

<b>B</b>	FROM 17:00-20:00	LOAD: _____ X TOTAL REPS: _____ = _____
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NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Neuro Major & Short Stature**

<b>A</b>	FOR TIME	For time	80 Wall Balls	50 Deadlifts	50 Pull-ups
	FROM	Round 1			
	0:00-13:00	TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	5 rounds for time	16 Wall Balls	10 Deadlifts	10 Pull-ups
		Round 1	16	26	36
		Round 2	52	62	72
		Round 3	88	98	108
		Round 4	124	134	144
		Round 5	160	170	180
		TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	10 rounds for time	8 Wall Balls	5 Deadlifts	5 Pull-ups
		Round 1	8	13	18
		Round 2	26	31	36
		Round 3	44	49	54
		Round 4	62	67	72
		Round 5	80	85	90
		Round 6	98	103	108
		Round 7	116	121	126
		Round 8	134	139	144
		Round 9	152	157	162
		Round 10	170	175	180
		TIME			

4 MINUTE BREAK UNTIL 17:00

<b>B</b>	FROM 17:00-20:00	LOAD: _____ X TOTAL REPS: _____ = _____
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NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Lower 1**

<b>A</b>	FOR TIME	For time	100 Wall Balls	40 Deadlifts	50 Pull-ups
	FROM	Round 1			
	0:00-13:00	TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	5 rounds for time	20 Wall Balls	8 Deadlifts	10 Pull-ups
		Round 1	20	28	38
		Round 2	58	66	76
		Round 3	96	104	114
		Round 4	134	142	152
		Round 5	172	180	190
		TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	10 rounds for time	10 Wall Balls	4 Deadlifts	5 Pull-ups
		Round 1	10	14	19
		Round 2	29	33	38
		Round 3	48	52	57
		Round 4	67	71	76
		Round 5	86	90	95
		Round 6	105	109	114
		Round 7	124	128	133
		Round 8	143	147	152
		Round 9	162	166	171
		Round 10	181	185	190
		TIME			

4 MINUTE BREAK UNTIL 17:00

<b>B</b>	FROM 17:00-20:00	LOAD: _____ X TOTAL REPS: _____ = _____
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NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Upper 1**

<b>A</b>	FOR TIME	For time	100 Wall Balls	50 Deadlifts	40 Pull-ups
	FROM	Round 1			
	0:00-13:00	TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	5 rounds for time	20 Wall Balls	10 Deadlifts	8 Pull-ups
		Round 1	20	30	38
		Round 2	58	68	76
		Round 3	96	106	114
		Round 4	134	144	152
		Round 5	172	182	190
		TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	10 rounds for time	10 Wall Balls	5 Deadlifts	4 Pull-ups
		Round 1	10	15	19
		Round 2	29	34	38
		Round 3	48	53	57
		Round 4	67	72	76
		Round 5	86	91	95
		Round 6	105	110	114
		Round 7	124	129	133
		Round 8	143	148	152
		Round 9	162	167	171
		Round 10	181	186	190
		TIME			

4 MINUTE BREAK UNTIL 17:00

<b>B</b>	FROM 17:00-20:00	LOAD: _____ X TOTAL REPS: _____ = _____
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NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**Lower 2 / Neuro Minor / Upper 2 / Sensory**

<b>A</b>	FOR TIME	For time	100 Wall Balls	50 Deadlifts	50 Pull-ups
	FROM	Round 1			
	0:00-13:00	TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	5 rounds for time	20 Wall Balls	10 Deadlifts	10 Pull-ups
		Round 1	20	30	40
		Round 2	60	70	80
		Round 3	100	110	120
		Round 4	140	150	160
		Round 5	180	190	200
		TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	10 rounds for time	10 Wall Balls	5 Deadlifts	5 Pull-ups
		Round 1	10	15	20
		Round 2	30	35	40
		Round 3	50	55	60
		Round 4	70	75	80
		Round 5	90	95	100
		Round 6	110	115	120
		Round 7	130	135	140
		Round 8	150	155	160
		Round 9	170	175	180
		Round 10	190	195	200
		TIME			

4 MINUTE BREAK UNTIL 17:00

<b>B</b>	FROM 17:00-20:00	LOAD: _____ X TOTAL REPS: _____ = _____
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NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



**Seated with & without abs**

<b>A</b>	FOR TIME	For time	80 Wall Balls	30 Deadlifts	20 Pull-ups
	FROM	Round 1			
	0:00-13:00	TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	5 rounds for time	16 Wall Balls	6 Deadlifts	4 Pull-ups
		Round 1	16	22	26
		Round 2	42	48	52
		Round 3	68	74	78
		Round 4	94	100	104
		Round 5	120	126	130
		TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	10 rounds for time	8 Wall Balls	3 Deadlifts	2 Pull-ups
		Round 1	8	11	13
		Round 2	21	24	26
		Round 3	34	37	39
		Round 4	47	50	52
		Round 5	60	63	65
		Round 6	73	76	78
		Round 7	86	89	91
		Round 8	99	102	104
		Round 9	112	115	117
		Round 10	125	128	130
		TIME			

4 MINUTE BREAK UNTIL 17:00

<b>B</b>	FROM 17:00-20:00	LOAD: _____ X TOTAL REPS: _____ = _____
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NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## Seated Tetraplegic

<b>A</b>	FOR TIME	For time	60 Wall Balls	20 Deadlifts	10 Cal Ski
	FROM	Round 1			
	0:00-13:00	TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	5 rounds for time	12 Wall Balls	4 Deadlifts	2 Cal Ski
		Round 1	12	16	18
		Round 2	30	34	36
		Round 3	48	52	54
		Round 4	66	70	72
		Round 5	84	88	90
		TIME			

<b>A</b>	FOR TIME FROM 0:00-13:00	10 rounds for time	6 Wall Balls	2 Deadlifts	1 Cal Ski
		Round 1	6	8	9
		Round 2	15	17	18
		Round 3	24	26	27
		Round 4	33	35	36
		Round 5	42	44	45
		Round 6	51	53	54
		Round 7	60	62	63
		Round 8	69	71	72
		Round 9	78	80	81
		Round 10	87	89	90
		TIME			

4 MINUTE BREAK UNTIL 17:00

<b>B</b>	FROM 17:00-20:00	LOAD: _____ X TOTAL REPS: _____ = _____
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NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

Reps	2,5kg	5kg	7,5kg	10kg	12,5kg	15kg	17,5kg
1	2,5	5	7,5	10	12,5	15	17,5
2	5	10	15	20	25	30	35
3	7,5	15	22,5	30	37,5	45	52,5
4	10	20	30	40	50	60	70
5	12,5	25	37,5	50	62,5	75	87,5
6	15	30	45	60	75	90	105
7	17,5	35	52,5	70	87,5	105	122,5
8	20	40	60	80	100	120	140
9	22,5	45	67,5	90	112,5	135	157,5
10	25	50	75	100	125	150	175
11	27,5	55	82,5	110	137,5	165	192,5
12	30	60	90	120	150	180	210
13	32,5	65	97,5	130	162,5	195	227,5
14	35	70	105	140	175	210	245
15	37,5	75	112,5	150	187,5	225	262,5
16	40	80	120	160	200	240	280
17	42,5	85	127,5	170	212,5	255	297,5
18	45	90	135	180	225	270	315
19	47,5	95	142,5	190	237,5	285	332,5
20	50	100	150	200	250	300	350
21	52,5	105	157,5	210	262,5	315	367,5
22	55	110	165	220	275	330	385
23	57,5	115	172,5	230	287,5	345	402,5
24	60	120	180	240	300	360	420
25	62,5	125	187,5	250	312,5	375	437,5
26	65	130	195	260	325	390	455
27	67,5	135	202,5	270	337,5	405	472,5
28	70	140	210	280	350	420	490
29	72,5	145	217,5	290	362,5	435	507,5
30	75	150	225	300	375	450	525
31	77,5	155	232,5	310	387,5	465	542,5
32	80	160	240	320	400	480	560
33	82,5	165	247,5	330	412,5	495	577,5
34	85	170	255	340	425	510	595
35	87,5	175	262,5	350	437,5	525	612,5
36	90	180	270	360	450	540	630
37	92,5	185	277,5	370	462,5	555	647,5
38	95	190	285	380	475	570	665
39	97,5	195	292,5	390	487,5	585	682,5
40	100	200	300	400	500	600	700
41	102,5	205	307,5	410	512,5	615	717,5
42	105	210	315	420	525	630	735
43	107,5	215	322,5	430	537,5	645	752,5
44	110	220	330	440	550	660	770
45	112,5	225	337,5	450	562,5	675	787,5
46	115	230	345	460	575	690	805
47	117,5	235	352,5	470	587,5	705	822,5
48	120	240	360	480	600	720	840
49	122,5	245	367,5	490	612,5	735	857,5
50	125	250	375	500	625	750	875

Reps	2,5kg	5kg	7,5kg	10kg	12,5kg	15kg	17,5kg
51	127,5	255	382,5	510	637,5	765	892,5
52	130	260	390	520	650	780	910
53	132,5	265	397,5	530	662,5	795	927,5
54	135	270	405	540	675	810	945
55	137,5	275	412,5	550	687,5	825	962,5
56	140	280	420	560	700	840	980
57	142,5	285	427,5	570	712,5	855	997,5
58	145	290	435	580	725	870	1015
59	147,5	295	442,5	590	737,5	885	1032,5
60	150	300	450	600	750	900	1050
61	152,5	305	457,5	610	762,5	915	1067,5
62	155	310	465	620	775	930	1085
63	157,5	315	472,5	630	787,5	945	1102,5
64	160	320	480	640	800	960	1120
65	162,5	325	487,5	650	812,5	975	1137,5
66	165	330	495	660	825	990	1155
67	167,5	335	502,5	670	837,5	1005	1172,5
68	170	340	510	680	850	1020	1190
69	172,5	345	517,5	690	862,5	1035	1207,5
70	175	350	525	700	875	1050	1225
71	177,5	355	532,5	710	887,5	1065	1242,5
72	180	360	540	720	900	1080	1260
73	182,5	365	547,5	730	912,5	1095	1277,5
74	185	370	555	740	925	1110	1295
75	187,5	375	562,5	750	937,5	1125	1312,5
76	190	380	570	760	950	1140	1330
77	192,5	385	577,5	770	962,5	1155	1347,5
78	195	390	585	780	975	1170	1365
79	197,5	395	592,5	790	987,5	1185	1382,5
80	200	400	600	800	1000	1200	1400
81	202,5	405	607,5	810	1012,5	1215	1417,5
82	205	410	615	820	1025	1230	1435
83	207,5	415	622,5	830	1037,5	1245	1452,5
84	210	420	630	840	1050	1260	1470
85	212,5	425	637,5	850	1062,5	1275	1487,5
86	215	430	645	860	1075	1290	1505
87	217,5	435	652,5	870	1087,5	1305	1522,5
88	220	440	660	880	1100	1320	1540
89	222,5	445	667,5	890	1112,5	1335	1557,5
90	225	450	675	900	1125	1350	1575
91	227,5	455	682,5	910	1137,5	1365	1592,5
92	230	460	690	920	1150	1380	1610
93	232,5	465	697,5	930	1162,5	1395	1627,5
94	235	470	705	940	1175	1410	1645
95	237,5	475	712,5	950	1187,5	1425	1662,5
96	240	480	720	960	1200	1440	1680
97	242,5	485	727,5	970	1212,5	1455	1697,5
98	245	490	735	980	1225	1470	1715
99	247,5	495	742,5	990	1237,5	1485	1732,5
100	250	500	750	1000	1250	1500	1750

Reps	15kg	20kg	25kg	30kg	35kg	40kg	45kg	50kg
1	15	20	25	30	35	40	45	50
2	30	40	50	60	70	80	90	100
3	45	60	75	90	105	120	135	150
4	60	80	100	120	140	160	180	200
5	75	100	125	150	175	200	225	250
6	90	120	150	180	210	240	270	300
7	105	140	175	210	245	280	315	350
8	120	160	200	240	280	320	360	400
9	135	180	225	270	315	360	405	450
10	150	200	250	300	350	400	450	500
11	165	220	275	330	385	440	495	550
12	180	240	300	360	420	480	540	600
13	195	260	325	390	455	520	585	650
14	210	280	350	420	490	560	630	700
15	225	300	375	450	525	600	675	750
16	240	320	400	480	560	640	720	800
17	255	340	425	510	595	680	765	850
18	270	360	450	540	630	720	810	900
19	285	380	475	570	665	760	855	950
20	300	400	500	600	700	800	900	1000
21	315	420	525	630	735	840	945	1050
22	330	440	550	660	770	880	990	1100
23	345	460	575	690	805	920	1035	1150
24	360	480	600	720	840	960	1080	1200
25	375	500	625	750	875	1000	1125	1250
26	390	520	650	780	910	1040	1170	1300
27	405	540	675	810	945	1080	1215	1350
28	420	560	700	840	980	1120	1260	1400
29	435	580	725	870	1015	1160	1305	1450
30	450	600	750	900	1050	1200	1350	1500
31	465	620	775	930	1085	1240	1395	1550
32	480	640	800	960	1120	1280	1440	1600
33	495	660	825	990	1155	1320	1485	1650
34	510	680	850	1020	1190	1360	1530	1700
35	525	700	875	1050	1225	1400	1575	1750
36	540	720	900	1080	1260	1440	1620	1800
37	555	740	925	1110	1295	1480	1665	1850
38	570	760	950	1140	1330	1520	1710	1900
39	585	780	975	1170	1365	1560	1755	1950
40	600	800	1000	1200	1400	1600	1800	2000
41	615	820	1025	1230	1435	1640	1845	2050
42	630	840	1050	1260	1470	1680	1890	2100
43	645	860	1075	1290	1505	1720	1935	2150
44	660	880	1100	1320	1540	1760	1980	2200
45	675	900	1125	1350	1575	1800	2025	2250
46	690	920	1150	1380	1610	1840	2070	2300
47	705	940	1175	1410	1645	1880	2115	2350
48	720	960	1200	1440	1680	1920	2160	2400
49	735	980	1225	1470	1715	1960	2205	2450
50	750	1000	1250	1500	1750	2000	2250	2500

Reps	15kg	20kg	25kg	30kg	35kg	40kg	45kg	50kg
51	765	1020	1275	1530	1785	2040	2295	2550
52	780	1040	1300	1560	1820	2080	2340	2600
53	795	1060	1325	1590	1855	2120	2385	2650
54	810	1080	1350	1620	1890	2160	2430	2700
55	825	1100	1375	1650	1925	2200	2475	2750
56	840	1120	1400	1680	1960	2240	2520	2800
57	855	1140	1425	1710	1995	2280	2565	2850
58	870	1160	1450	1740	2030	2320	2610	2900
59	885	1180	1475	1770	2065	2360	2655	2950
60	900	1200	1500	1800	2100	2400	2700	3000
61	915	1220	1525	1830	2135	2440	2745	3050
62	930	1240	1550	1860	2170	2480	2790	3100
63	945	1260	1575	1890	2205	2520	2835	3150
64	960	1280	1600	1920	2240	2560	2880	3200
65	975	1300	1625	1950	2275	2600	2925	3250
66	990	1320	1650	1980	2310	2640	2970	3300
67	1005	1340	1675	2010	2345	2680	3015	3350
68	1020	1360	1700	2040	2380	2720	3060	3400
69	1035	1380	1725	2070	2415	2760	3105	3450
70	1050	1400	1750	2100	2450	2800	3150	3500
71	1065	1420	1775	2130	2485	2840	3195	3550
72	1080	1440	1800	2160	2520	2880	3240	3600
73	1095	1460	1825	2190	2555	2920	3285	3650
74	1110	1480	1850	2220	2590	2960	3330	3700
75	1125	1500	1875	2250	2625	3000	3375	3750
76	1140	1520	1900	2280	2660	3040	3420	3800
77	1155	1540	1925	2310	2695	3080	3465	3850
78	1170	1560	1950	2340	2730	3120	3510	3900
79	1185	1580	1975	2370	2765	3160	3555	3950
80	1200	1600	2000	2400	2800	3200	3600	4000
81	1215	1620	2025	2430	2835	3240	3645	4050
82	1230	1640	2050	2460	2870	3280	3690	4100
83	1245	1660	2075	2490	2905	3320	3735	4150
84	1260	1680	2100	2520	2940	3360	3780	4200
85	1275	1700	2125	2550	2975	3400	3825	4250
86	1290	1720	2150	2580	3010	3440	3870	4300
87	1305	1740	2175	2610	3045	3480	3915	4350
88	1320	1760	2200	2640	3080	3520	3960	4400
89	1335	1780	2225	2670	3115	3560	4005	4450
90	1350	1800	2250	2700	3150	3600	4050	4500
91	1365	1820	2275	2730	3185	3640	4095	4550
92	1380	1840	2300	2760	3220	3680	4140	4600
93	1395	1860	2325	2790	3255	3720	4185	4650
94	1410	1880	2350	2820	3290	3760	4230	4700
95	1425	1900	2375	2850	3325	3800	4275	4750
96	1440	1920	2400	2880	3360	3840	4320	4800
97	1455	1940	2425	2910	3395	3880	4365	4850
98	1470	1960	2450	2940	3430	3920	4410	4900
99	1485	1980	2475	2970	3465	3960	4455	4950
100	1500	2000	2500	3000	3500	4000	4500	5000