

25minute TIME CAP WORKOUT 18.4

1 Round for Time of:

50 CAL ROW
50 BOX JUMPS OVERS
50 DEADLIFTS
50 WALL BALLS
50 RING DIPS
50 WALL BALLS
50 DEADLIFTS
50 BOX JUMP OVERS
50 CAL ROW

VARIATIONS

MUSTANG 16-19

M 80kg F 60kg
M 24in F 20in (box)
M 9kg F 6kg (ball)
Ring Dips

MUSTANG 20-34

M 90kg/ F 65kg
M 24in F 20in (box)
M 9kg F 6kg (ball)
Ring Dips

SPITFIRE 16-34

M 70kg F 50kg
M 24in F 20in (box)
M 9kg F 6kg (ball)
Deficit HRPV

HURRICANE 16-34

M 50kg F 35kg
M 24in F 20in (box)
M 6kg F 3kg (ball)
HRPV

MOVEMENT STANDARDS

CAL ROW:

The monitor must be set to zero at the beginning of each row.
The athlete or the judge may reset the monitor. The athlete must stay seated on the rower until the monitor reads 50 calories.

BOX JUMP OVER:

Each rep begins with a two-footed jump. **One-footed jumps and step-ups ARE permitted for HURRICANE DIVISION ONLY.**

The athlete may jump over the box without touching it, or may land on top before jumping off to the other side. The athlete may not use their hands, and the feet must go over the box, not around it.

Each rep ends on the opposite side of the box from where it began.
The next rep will begin from there and return to the first side. Stepping down from the box and single-foot landings are permitted.

DEADLIFT:

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. No bouncing.

EQUIPMENT

- Concept 2 Rower
- Box that is appropriate height
- Barbell of appropriate weight for your division
- Collars
- A medicine ball of the appropriate weight for your division
- A wall mark or target set at specified height for wall-ball shots
- 20kg plates for deficit
- Rings

NOTES

This workout begins with the athlete on the rower and the rower set to zero calories.

At 3,2,1, go, the athlete will row until they have accumulated 50 calories. The athlete will then move to the box and complete 50 box jump overs, then move to the barbell and complete 50 deadlifts, then complete 50 wall-ball shots, 50 ring dips etc.....finishing the workout on the 50 calorie row.

The athletes score will be the total time taken to complete all reps.

This workout ends after the completion of all the reps or at the **TIME CAP OF 25 MINUTES**. Any remaining reps are to be added as seconds to the 25 minute time cap.

WALL BALL:

In the wall-ball shot, the medicine ball must be taken from the bottom of a squat, hip crease below the knee and thrown to hit the specified target. The centre of the ball must hit the target at or above the specified target height.

If the ball hits low or does not hit the wall, it is a "no rep." If the ball drops from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

MEN THROW TO 10FT TARGET; WOMEN THROW TO 9FT TARGET.

HRPV:

A straight body position must be maintained throughout the movement. 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.

DEFICIT HRPV:

As per HRPV standards but with each hand positioned on top of 20kg plates (minimum 80mm thickness) (M/F).

RING DIPS: The shoulders must pass below the top of the elbow at the bottom of the dip and the hips must travel below the rings. Arms must be locked out at the top of the movement. If the hips remain in line with the rings horizontally, it's a no rep.



Presented by

MLG 18.4 SCORECARD



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- 50 WALL BALLS
- 50 DEADLIFTS
- 50 BOX JUMP OVERS
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50 BOX JUMP OVERS	10	20	30	40	50
50 DEADLIFTS	10	20	30	40	50
50 WALL BALLS	10	20	30	40	50
50 RING DIPS	10	20	30	40	50
50 WALL BALLS	10	20	30	40	50
50 DEADLIFTS	10	20	30	40	50
50 BOX JUMP OVERS	10	20	30	40	50
50 CAL ROW	10	20	30	40	50

ATHLETE NAME _____

TIME: _____

16-19 20-29 30-34

MUSTANG SPITFIRE HURRICANE

STATE _____

JUDGE NAME _____ INITIAL _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR THE WORKOUT

SIGNATURE _____

DATE _____

ATHLETE NAME _____

TIME: _____

16-19 20-29 30-34

MUSTANG SPITFIRE HURRICANE

STATE _____

JUDGE NAME _____ INITIAL _____

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DATE _____