



WOD - 4

ML 20.4

STANDARDS

EQUIPMENT

- Concept 2 Rower
- Pull Up Bar
- Rings – Hero Only/20Kg/15kg Plate

VARIATIONS

MUSTANG

M 25CAL/ F 19 CAL

RING DIPS

C2B PULL UPS

SPITFIRE

M 25CAL/ F 19 CAL

DEFICIT HRP

PULL UPS

HURRICANE

M 25CAL/ F 19 CAL

HRP

RING ROWS

NOTES

With the clock set to 19 minutes, the athlete will start on the rower with the rower set to zero cal. At “3,2,1, Go” the athlete will have 3 minutes to complete the row and then as many rounds and reps of 5 C2B pull ups, 7 ring dips and 10 air squats, as possible in the remaining time.

At the end of the 3 minutes, athletes will have 1 minutes rest before returning to the rower at the 4 minute mark. The athlete will continue in this order for 5 rounds in total.

The row does not count towards the athletes score .

The Athletes score will be **Total Combined, completed reps** of the 5 AMRAPs.

MOVEMENT STANDARDS

ROW

The monitor on the rower must be set to zero at the beginning of each row.

C2B PULL UPS

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. Overhand, underhand or mixed grip are all permitted. At the top, the chest must clearly come into contact with the bar below the collarbone.

PULL UP

This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed. The arms must be fully extended at the bottom, with the feet off the ground. At the top of the movement, the chin must break the horizontal plane of the bar.

RING ROW

The rings will be set at 1 metre from the ground to the bottom of the rings and at the vertical plain of the rings there is to be a marking of 100mm thick tape on the ground. With the athletes legs fully locked out and their heels remaining within the 100mm tape throughout the movement, their chest needs to come in contact with the rings for the rep to count.

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**.

DEFICIT HRP

As per HRP standards but with each hand positioned on top of **MALE-20kg plates (minimum 80mm thickness), FEMALE-15kg plates (minimum 63mm thickness)**.

HRP

A straight body position must be maintained throughout the movement. No 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.

AIR SQUATS

At the top of the air squat, the athletes knees and hips must be fully extended.

At the bottom of the air squat the athletes hip crease must pass below 90 degrees for the rep to count.



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SCORECARD

WORKOUT - ML 20.4

5 ROUNDS

3min AMRAP of

25/19 Cal Row Buy In
At the start of each Round

5 Chest to Bar Pull Ups
7 Ring Dips
10 Air Squats

1min Rest between Rounds

SEE THE STANDARDS FOR VARIATIONS FOR
DIVISIONS AND CATEGORIES

0-3 minutes		ROUND 1 TOTAL REPS:			
25/19 CAL ROW					
AMRAP		1	2	3	4
5	C2B PULL UPS	5	27	49	71
7	RING DIPS	12	34	56	78
10	AIR SQUATS	22	44	66	88
4 – 7 minutes		ROUND 2 TOTAL REPS:			
25/19 CAL ROW					
AMRAP		1	2	3	4
5	C2B PULL UPS	5	27	49	71
7	RING DIPS	12	34	56	78
10	AIR SQUATS	22	44	66	88
8 – 11 minutes		ROUND 3 TOTAL REPS:			
25/19 CAL ROW					
AMRAP		1	2	3	4
5	C2B PULL UPS	5	27	49	71
7	RING DIPS	12	34	56	78
10	AIR SQUATS	22	44	66	88
12 – 15 minutes		ROUND 4 TOTAL REPS:			
25/19 CAL ROW					
AMRAP		1	2	3	4
5	C2B PULL UPS	5	27	49	71
7	RING DIPS	12	34	56	78
10	AIR SQUATS	22	44	66	88
16 – 19 minutes		ROUND 5 TOTAL REPS:			
25/19 CAL ROW					
AMRAP		1	2	3	4
5	C2B PULL UPS	5	27	49	71
7	RING DIPS	12	34	56	78
10	AIR SQUATS	22	44	66	88

ATHLETE NAME _____

TOTAL COMBINED REPS _____

16-19 ☐ 20-29 ☐ 30-34 ☐ MUSTANG ☐ SPITFIRE ☐ HURRICANE ☐

STATE _____

JUDGE NAME _____

I CONFIRM THE INFORMATION ABOVE ACCURATELY REPRESENTS MY PERFORMANCE FOR WORKOUT 20.4.

SIGNATURE

DATE

ATHLETE NAME _____

TOTAL COMBINED REPS _____

16-19 ☐ 20-29 ☐ 30-34 ☐ MUSTANG ☐ SPITFIRE ☐ HURRICANE ☐

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