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WORKOUTS 4 & 5

Thursday, October 20 - Tuesday, October 25, 2022

WORKOUTS 4 & 5

VARIATIONS

On a 16:00 running clock, complete the following:

Workout 4

0:00-8:00 Complete For Time

21-15-9

Overhead Squat

Box Jump Over

8:00 Cap

Mandatory rest if Workout 4 is completed prior to 8:00 mark

Workout 5

8:00-16:00 Complete For Max Load

Find a 1 Rep Max Snatch

RX Divisions:

Men use: 135 lb barbell | 24" box

Women use: 95 lb barbell | 20" box

Intermediate, 35-39, 40-44 Age Divisions:

Men use: 115 lb barbell | 24" box

Women use: 75 lb barbell | 20" box

45-49, 50-54 Age Divisions:

Men use: 95 lb barbell | 24" box

Women use: 65 lb barbell | 20" box

Teen Divisions:

Men use: 75 lb barbell | 24" box

Women use: 55 lb barbell | 20" box

Scaled, 55-59, 60+ Age Divisions:

Men use: 75 lb barbell | 24" box (can step up)

Women use: 55 lb barbell | 20" box (can step up)

EQUIPMENT

- 45lb bar - Men
- 35lb bar - Women
- Bumpers
- Box



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SUBMISSION GUIDLINES

Workout scores must be submitted by 9pm EST on Tuesday, October 25, 2022. Late submissions will not be accepted. Athletes must have a judge present and judging to the written movement and workout standards listed. Athletes without a judge must submit a video recording of their workout. Video recordings are not required upon submission of a workout score if a judge is present, but all athletes who earn a qualifying spot must be prepared to submit at least one workout video at the conclusion of the Coastal Qualifier. FOTC will notify athletes via email with video requests. Athletes can download video recording apps such as WeTime or WOD Proof to easily record and submit videos.

When videoing workout, athletes need to show weight of barbell and bumper plates.

Team Score Entry: The team captain will be required to submit both scores online. Team athletes who fail to finish Workout 4 must add 1 second for every rep not finished. For example, if an athlete finishes 80 of the 90 total reps, he must add 10 seconds to the time cap of 8:00. His score would be entered as 8:10.

WORKOUT FLOW

This week's workout is a two-part workout with two scores. Score No. 1 is the time to complete the 21-15-9 couplet. Score No. 2 is a 1 rep max snatch.

The athlete must use a 16 minute running clock that counts up from 0:00.

The workout begins with the athlete standing tall in front of the loaded barbell. At the call of "3..2..1..go", the athlete will perform 21 overhead squats. Once all reps are complete, the athlete will complete 21 box jump overs. Once complete, the athlete will complete 15 overhead squats and 15 box jump overs. Once complete, the athlete will complete 9 overhead squats and 9 box jump overs. The clock stops when the athlete completes their final rep of box jump overs and both feet hit the ground.

The athlete will then have a mandatory rest period until the 8:00 mark on the clock. During the rest period, the athlete can load the barbell to their starting snatch weight.

Once the clock hits the 8:00 mark, the athlete can begin part 2 of the workout and find a 1 rep max snatch. The athlete will have 8 minutes to find a 1 rep max snatch. Any style of snatch is permitted. 2.5 lb change plates are the lowest change plates allowed. If the athlete begins the lift before the 16:00 mark on the clock, he can continue the lift past the 16:00 mark. The athlete can receive assistance changing weights.

There is no tiebreak score for Workout 4. The tiebreak for Workout 5 is the time to complete Workout 4.



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MOVEMENT STANDARDS:

Overhead Squat:

Athletes must have the bar in the overhead position. The athlete's hip crease must clearly pass below the top of the knees in the bottom position. The movement is complete when the athlete stands with hips, knees and arms locked. Failure to keep the bar in the overhead position during the movement will result in a no rep.

Box Jump Over:

Athletes can jump laterally or forward facing over the box. Athletes can clear the box if they choose. Stepping up is not permitted. Athletes can step down. Athletes can not touch the box with any part of their hands.

Box Jump Over (55-59, 60+, Scaled Divisions):

Athletes can jump laterally or forward facing over the box. Athletes can clear the box if they choose. Stepping up is permitted. Both feet must touch the top of the box. Athletes can step down. Athletes can not touch the box with any part of their hands.

Snatch:

Bar starts from the ground and the athlete can not pause in the hang position. Athletes can receive the snatch in the power or squat position. Split snatches are allowed. The rep is complete when the athlete stands straight up with hips, knees and arms fully extended. The athlete can receive assistance changing weights.



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WORKOUT 4	
21 Overhead Squat	21
21 Box Jump Over	42
15 Overhead Squat	57
15 Box Jump Over	72
9 Overhead Squat	81
9 Box Jump Over	90

WORKOUT 4 INDIVIDUAL SCORE ENTRY

TOTAL REPS	OR	TIME TO COMPLETE
<input type="text"/>		<input type="text"/>

WORKOUT 4 TEAM SCORE ENTRY

TOTAL TIME	<input type="text"/>
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TEAM SCORING NOTE

Team athletes who fail to finish the workout must add 1 second for every rep not finished. For example, if an athlete finishes 80 of the 90 total reps, he must add 10 seconds to the time cap of 8:00. His score would be entered as 8:10.

WORKOUT 5	
1 Rep Max Snatch	<input type="text"/>

WORKOUT 5 SCORE ENTRY

Heaviest Weight Lifted	<input type="text"/>
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WORKOUT 5 TIEBREAK

Tiebreak for workout 5 is the athlete's time from workout 4. If athlete does not finish workout 4, the athlete will add 1 second to the 8:00 time cap for every rep not completed. For example, 80 of 90 reps completed equals a tiebreak time of 8:10.	<input type="text"/>
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Athlete Signature

Judge Signature