



WORKOUT 4

Thursday, October 16 (7pm EST) - Wednesday, October 22, 2025 (9pm EST)

WORKOUT 4

14:00 AMRAP

30 Double Unders

15 TTB

10 Shoulder-to-Overhead (135/95)

VARIATIONS

PRO/RX / 35-39 / 40-44 / 35+(Team)

Shown (to left)

INT (Team & Indy) / 45-49 / 50-54 / 45+ (Team) / Teen 16-18

30 Double Unders

10 TTB

10 STOH (115/85)

55-59 / 60-64 / 65+ / 55+ (Team) / Teen 13-15

30 Double Unders

10 TTB

10 STOH (95/65)

Novice (Team & Indy)

30 Single Unders

15 Leg Raises

10 STOH (95/65)

EQUIPMENT

- Jump Rope
- Barbell & Bumper Plates
- Pull-Up Bar

SUBMISSION & RECORDING GUIDELINES

Workout scores must be submitted by 9pm EST on Wednesday, October 22, 2025. Late submissions will not be accepted. Athletes should 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, but all athletes who finish in a qualifying position and who do not submit a video may receive an email notification at the conclusion of the qualifier with a request to submit a video for qualification verification purposes. Athletes should use WODProof to record their workout videos. WODProof integrates directly with our scoring software - Competition Corner - allowing athletes to seamlessly upload workout videos.

Team Score Entry: The score will be the sum of both athletes score. The team captain will be required to submit both scores online.





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WORKOUT FLOW

At the call of 3, 2, 1, go, the athlete will begin their set of jump rope. The athlete may start the workout with the jump rope in their hands. After the prescribed number of jump rope is completed, the athlete will move to the rig to complete their T2B or leg raises. Once the prescribed number of T2B / leg raises are completed the athlete will perform the prescribed number of STOH.

This rotation will continue for the full 14 minutes. Once the clock hits 0:00 or 14:00, the athlete must stop.

The athlete's score will be the total reps completed in the 14:00 AMRAP. Athletes can use a clock that counts up or down for this workout.

MOVEMENT STANDARDS:

Double Under: The rope must make two rotations to count. The rope must spin in a forward motion. The jump rope may start in the athlete's hands at the start of the workout.

Single Under: The rope must make one rotation to count. The rope must spin in a forward motion. The jump rope may start in the athlete's hands at the start of the workout.

T2B: The athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must touch the bar together, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar, not out front, and no part of the feet touch the ground or any object.

Leg Raise: The Athlete must go from a full hang to having the toes of both feet rise above the hip crease. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar, not out front, and no part of the feet touch the ground or any object. The athlete may raise their toes above their hip crease with straight or bent legs as long as they meet the standard.

Shoulder to Overhead: Each rep begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. A shoulder press, push press, push jerk or split jerk may be used, as long as the elbow, shoulder, hips and knees are fully extended, and the bar finishes directly over the body with the feet in line. Each round, the barbell must begin on the ground. Using a rack is not permitted



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WORKOUT 4

PRO/RX / 35-39 / 40-44 / 35+(Team) Scorecard

14:00 AMRAP

30 Double Unders

15 TTB

10 Shoulder-to-Overhead (135/95)

WORKOUT 4 SCORE

TOTAL REPS	
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Athlete Signature

Judge Signature

Round 1

30 Double Unders	30
15 Toes to Bar	45
10 STO H	55

Round 2

30 Double Unders	85
15 Toes to Bar	100
10 STO H	110

Round 3

30 Double Unders	140
15 Toes to Bar	155
10 STO H	165

Round 4

30 Double Unders	195
15 Toes to Bar	210
10 STO H	220

Round 5

30 Double Unders	250
15 Toes to Bar	265
10 STO H	275

Round 6

30 Double Unders	305
15 Toes to Bar	320
10 STO H	330

Round 7

30 Double Unders	360
15 Toes to Bar	375
10 STO H	385

Round 8

30 Double Unders	415
15 Toes to Bar	430
10 STO H	440

Round 9

30 Double Unders	470
15 Toes to Bar	485
10 STO H	495

Round 10

30 Double Unders	525
15 Toes to Bar	540
10 STO H	550

Round 11

30 Double Unders	580
15 Toes to Bar	595
10 STO H	605

Round 12

30 Double Unders	635
15 Toes to Bar	650
10 STO H	660

Round 13

30 Double Unders	690
15 Toes to Bar	705
10 STO H	715

Round 14

30 Double Unders	745
15 Toes to Bar	760
10 STO H	770



WORKOUT 4

**INT (Team & Indy) / 45-49 / 50-54 / 45+ (Team) /
Teen 16-18/ 55-59 / 60-64 / 65+ / 55+ (Team) / Teen 13-15**
Scorecard

14:00 AMRAP

30 Double Unders
10 TTB
10 Shoulder-to-Overhead

INT (Team & Indy) / 45-49 / 50-54 / 45+ (Team) / Teen 16-18

30 Double Unders
10 TTB
10 STO (115/85)

55-59 / 60-64 / 65+ / 55+ (Team) / Teen 13-15

30 Double Unders
10 TTB
10 STO (95/65)

WORKOUT 4 SCORE

TOTAL REPS	
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Athlete Signature

Judge Signature

Round 1

30 Double Unders	30
10 TTB	40
10 STO	50

Round 2

30 Double Unders	80
10 TTB	90
10 STO	100

Round 3

30 Double Unders	130
10 TTB	140
10 STO	150

Round 4

30 Double Unders	180
10 TTB	190
10 STO	200

Round 5

30 Double Unders	230
10 TTB	240
10 STO	250

Round 6

30 Double Unders	280
10 TTB	290
10 STO	300

Round 7

30 Double Unders	330
10 TTB	340
10 STO	350

Round 8

30 Double Unders	380
10 TTB	390
10 STO	400

Round 9

30 Double Unders	430
10 TTB	440
10 STO	450

Round 10

30 Double Unders	480
10 TTB	490
10 STO	500

Round 11

30 Double Unders	530
10 TTB	540
10 STO	550

Round 12

30 Double Unders	580
10 TTB	590
10 STO	600

Round 13

30 Double Unders	630
10 TTB	640
10 STO	650

Round 14

30 Double Unders	680
10 TTB	690
10 STO	700



WORKOUT 4

Novice Scorecard

14:00 AMRAP

30 Single Unders

15 Leg Raises

10 Shoulder-to-Overhead (95/65)

WORKOUT 4 SCORE

TOTAL REPS	
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Athlete Signature

Judge Signature

Round 1

30 Single Unders	30
15 Leg Raises	45
10 STO H	55

Round 2

30 Single Unders	85
15 Leg Raises	100
10 STO H	110

Round 3

30 Single Unders	140
15 Leg Raises	155
10 STO H	165

Round 4

30 Single Unders	195
15 Leg Raises	210
10 STO H	220

Round 5

30 Single Unders	250
15 Leg Raises	265
10 STO H	275

Round 6

30 Single Unders	305
15 Leg Raises	320
10 STO H	330

Round 7

30 Single Unders	360
15 Leg Raises	375
10 STO H	385

Round 8

30 Single Unders	415
15 Leg Raises	430
10 STO H	440

Round 9

30 Single Unders	470
15 Leg Raises	485
10 STO H	495

Round 10

30 Single Unders	525
15 Leg Raises	540
10 STO H	550

Round 11

30 Single Unders	580
15 Leg Raises	595
10 STO H	605

Round 12

30 Single Unders	635
15 Leg Raises	650
10 STO H	660

Round 13

30 Single Unders	690
15 Leg Raises	705
10 STO H	715

Round 14

30 Single Unders	745
15 Leg Raises	760
10 STO H	770