



OPEN WEEK 4

17:00 PT, THURSDAY, MARCH 14, THROUGH 17:00 PT, MONDAY, MARCH 18

Presented by



WORKOUT 19.4

For total time:

3 rounds of:
10 snatches
12 bar-facing burpees

Then, rest 3 minutes before continuing with:

3 rounds of:
10 bar muscle-ups
12 bar-facing burpees

Time cap: 12 minutes, including 3-minute rest period

VARIATIONS

Rx'd: (Ages 16-54)

Men snatch 95 lb.

Women snatch 65 lb.

Scaled: (Ages 16-54)

Men snatch 65 lb., perform chin-over-bar pull-ups, may step over bar on the burpees

Women snatch 45 lb., perform chin-over-bar pull-ups, may step over bar on the burpees

Teenagers 14-15:

Boys snatch 65 lb.

Girls snatch 45 lb.

Scaled Teenagers 14-15:

Boys snatch 45 lb., perform chin-over-bar pull-ups, may step over bar on the burpees

Girls snatch 35 lb., perform chin-over-bar pull-ups, may step over bar on the burpees

Masters 55+:

Men snatch 65 lb., perform chest-to-bar pull-ups

Women snatch 45 lb., perform chest-to-bar pull-ups

Scaled Masters 55+:

Men snatch 45 lb., perform jumping chest-to-bar pull-ups, may step over bar on the burpees

Women snatch 35 lb., perform jumping chest-to-bar pull-ups, may step over bar on the burpees

NOTES

This workout begins with the barbell on the floor and the athlete standing tall. After the call of "3, 2, 1 ... go," the athlete will perform 10 snatches and 12 bar-facing burpees for 3 rounds. Upon completion of the first couplet, the athlete **must** rest 3 minutes while the clock continues to run. The athlete then will continue to the second portion of the workout: 3 rounds of 10 bar muscle-ups and 12 bar-facing burpees.

The athlete's score will be the total time it takes to complete the entire workout or the total number of

repetitions completed before the 12-minute time cap.

If the athlete doesn't complete the first couplet until after the 9-minute mark, their workout is over. In this case, the athlete's score will be 66 reps (with a tiebreak time).

TIEBREAK

This workout includes a tiebreak. If all 132 reps are completed prior to the 12-minute time cap, your score will be your total time, and there will be no tiebreaker. However, if you are not able to complete the entire workout in the allotted time, a tiebreaker will be factored into your final score. During the workout, be sure to note your time at the end of the final burpee in the first couplet. When you submit your score, there will be a space for your final rep count and an additional field for you to enter the elapsed time at which you completed your last full set of bar-facing burpees in the first couplet. In the case where two athletes have the same score (total number of reps), the athlete with the lower tiebreak time will be ranked higher.

Note: All tiebreak times must be reported in elapsed time, not in time remaining. **Do not use a countdown timer.**

EQUIPMENT

- Barbell
- Standard bumper plates (18-in. diameter) to load to the appropriate weight for your division*
- Collars
- Pull-up bar

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 43 kg (95 lb.), 29 kg (65 lb.), 20 kg (45 lb.) and 15 kg (35 lb.).

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the pull-up bar, plates and barbell to be used so the loads can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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MOVEMENT STANDARDS

SNATCH



The barbell begins on the ground and must be lifted overhead in one motion. Power, squat and split snatches are all permitted, but in each instance the athlete's feet must be brought back in line. This is not a ground-to-overhead any way. A clean and jerk is a no rep. Touch and go is permitted but deliberately bouncing the barbell is not. The bar can be dropped from overhead. If a barbell is dropped, the barbell must settle on the ground before the athlete begins the next repetition.



If you begin with an empty barbell, or a barbell that has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees.



The rep is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended, and the bar directly over or slightly behind the middle of the body with the feet in line.

BAR-FACING BURPEE



The burpee must be performed perpendicular to and facing the barbell.

Athletes using an empty barbell or small-diameter plates for the snatch will need to set up a second barbell with 18-in. plates for the burpees.



The athlete jumps or steps back to lie on the ground. The athlete's head must be behind the barbell. The chest and thighs must touch the ground at the bottom. The hands and feet must remain inside the width of the plates at the bottom of the burpee. From this position, the athlete can step or jump to their feet.



The athlete must jump over the barbell using a two-foot takeoff. Single-legged jumping or stepping over is **not** permitted (scaled divisions excluded). The athlete does not need to land with both feet at the same time.



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MOVEMENT STANDARDS

BAR-FACING BURPEE (CONTINUED)



The rep is credited when both feet have touched the ground on the opposite side of the barbell. Before starting the next rep, the athlete must be perpendicular to and facing the barbell.

BAR MUSCLE-UP



The athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support and glide kips are not permitted. No portion of the foot may rise above the height of the bar during the kip.



The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

MOVEMENT STANDARDS

CHIN-OVER-BAR PULL-UP (SCALED ONLY)



This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the requirements are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground.



The rep is credited when the chin breaks the horizontal plane of the bar. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

CHEST-TO-BAR PULL-UP (MASTERS 55+ ONLY)



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 athlete's feet off the ground.



The rep is credited when the chest clearly comes into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.



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MOVEMENT STANDARDS

JUMPING CHEST-TO-BAR PULL-UP (SCALED MASTERS 55+ ONLY)



For the jumping chest-to-bar pull-up, the bar should be at least six inches above the top of the athlete's head when the athlete is standing tall. The athlete may need to use plates or other stable platforms to decrease the distance between the top of the head and the bar.



At the bottom of the movement, the athlete must lower their body so the arms are fully extended.



The rep is credited when the chest clearly comes into contact with the bar below the collarbone. Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar **and** wear hand protection.



OPEN WEEK 4 SCORECARD (ALL)

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- 12 bar-facing burpees

Then, rest 3 minutes before continuing with:

3 rounds of:

- 10 bar muscle-ups*
- 12 bar-facing burpees

Time cap: 12 minutes

12-MINUTE CAP, INCLUDING REST

	ROUND 1	ROUND 2	ROUND 3
10 SNATCHES	10	32	54
12 BAR-FACING BURPEES	22	44	66
TIEBREAK TIME REQUIRED REST PERIOD +3:00 = RESTART TIME			
	ROUND 1	ROUND 2	ROUND 3
10 BAR MUSCLE-UPS *	76	98	120
12 BAR-FACING BURPEES	88	110	132
TIME			

VARIATIONS

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*Women snatch 45 lb., perform chest-to-bar pull-ups

Scaled Masters 55+:

*Men snatch 45 lb., perform jumping chest-to-bar pull-ups, may step over bar on the burpees

*Women snatch 35 lb., perform jumping chest-to-bar pull-ups, may step over bar on the burpees

Time _____ OR Reps at 12 Min. _____

Athlete Name _____

Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____

Name of Affiliate

Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout.

Athlete Signature _____ Date _____

Affiliate Copy

Athlete Copy

WORKOUT 19.4

Time _____ OR Reps at 12 Min. _____

Athlete Name _____

Print

Tiebreak Time _____

Rx'd Scaled

Workout Location _____ Judge _____

Name of Affiliate

Judge Name

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this workout.

Judge Signature _____ Date _____