



OPEN WEEK 4

17:00 PT, THURSDAY, OCTOBER 31, THROUGH 17:00 PT, MONDAY, NOVEMBER 4

Presented by

**ASSAULT
FITNESS**

WORKOUT 20.4

For time:

- 30 box jumps
- 15 clean and jerks, 65 | 95 lb.
- 30 box jumps
- 15 clean and jerks, 85 | 135 lb.
- 30 box jumps
- 10 clean and jerks, 115 | 185 lb.
- 30 single-leg squats
- 10 clean and jerks, 145 | 225 lb.
- 30 single-leg squats
- 5 clean and jerks, 175 | 275 lb.
- 30 single-leg squats
- 5 clean and jerks, 205 | 315 lb.

♀ 20-in. box

♂ 24-in. box

Time cap: 20 minutes

WORKOUT VARIATIONS

Rx'd (Ages 16-54)

♀ 20-in. box, single-leg squat, C&J 65-85-115-145-175-205 lb.

♂ 24-in. box, single-leg squat, C&J 95-135-185-225-275-315 lb.

Scaled (Ages 16-54)

♀ 20-in. box, 14-lb. medicine-ball step-up, C&J 35-55-75-95-115-135 lb.

♂ 24-in. box, 20-lb. medicine-ball step-up, C&J 65-95-115-135-155-185 lb.

Teenagers 14-15

♀ 20-in. box, single-leg squat, C&J 35-55-75-95-105-115 lb.

♂ 24-in. box, single-leg squat, C&J 65-95-115-135-155-185 lb.

Scaled Teenagers 14-15

♀ 20-in. box, 14-lb. med-ball step-up, C&J 35-45-65-75-85-95 lb.

♂ 24-in. box, 20-lb. med-ball step-up, C&J 45-65-85-105-125-145 lb.

Masters 55+

♀ 20-in. box, 14-lb. med-ball step-up, C&J 65-75-95-105-125-145 lb.

♂ 24-in. box, 20-lb. med-ball step-up, C&J 95-115-135-155-185-205 lb.

Scaled Masters 55+

♀ 16-in. box, 14-lb. med-ball step-up, C&J 35-45-65-75-85-105 lb.

♂ 20-in. box, 20-lb. med-ball step-up, C&J 45-65-85-105-125-145 lb.

NOTES

After the call of "3, 2, 1 ... go," the athlete may perform 30 box jumps followed by 15 clean and jerks, then 30 box jumps followed by 15 clean and jerks at a heavier weight, then 30 box jumps followed by 10 clean and jerks, increasing the weight again. Next, the athlete performs 30 single-leg squats followed by 10 clean and jerks, then 30 single-leg squats followed by 5 clean and jerks, and finally, 30 single-leg squats followed by 5 clean and jerks. Again, the weight of the clean and jerk increases each round.

Athletes may set up multiple barbells. If one barbell is used, the athlete may receive assistance changing the load on the bar. Receiving any assistance other than adjusting loading is not permitted unless safety is an immediate concern.

TIEBREAK

If the athlete completes the entire workout prior to the 20-minute time cap, their score will be their total time, and there will be no tiebreaker.

If the athlete is not able to complete the entire workout in the allotted time, a tiebreaker will be factored into their score. During the workout, be sure to note the athlete's time at the end of each set of box jumps and single-leg squats. When the athlete submits their score, there will be a space for their final rep count and an additional field for them to enter the elapsed time at which they completed their final rep of box jumps or single-leg squats. 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. Do NOT use a countdown timer.



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EQUIPMENT

- Box of appropriate height for your division (the top of the box must be at least 15-by-15 inches)
- Barbell
- Standard bumper plates (18-in. diameter) to load to the appropriate weight for your division*
- Medicine ball* (scaled divisions)
- Collars to secure the plates on the barbell

*The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 6 kg (14 lb.), 9 kg (20 lb.), 15 kg (35 lb.), 20 kg (45 lb.), 25 kg (55 lb.), 29 kg (65 lb.), 34 kg (75 lb.), 38 kg (85 lb.), 43 kg (95 lb.), 47 kg (105 lb.), 52 kg (115 lb.), 56 kg (125 lb.), 61 kg (135 lb.), 65 kg (145 lb.), 70 kg (155 lb.), 79 kg (175 lb.), 83 kg (185 lb.), 93 kg (205 lb.), 102 kg (225 lb.), 124 kg (275 lb.), and 142 kg (315 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.

MOVEMENT STANDARDS

BOX JUMP OR STEP-UP



- Start with both feet on the ground and face the side of the box.
- Do NOT angle the box and jump or step up on the corner.
- Jumping OR stepping onto and off the box is permitted.
- Only the feet may make contact with the box.
- Using hands to push into the legs during the step-up is not allowed.
- The rep is credited when:
 - Both feet are on top of the box.
 - Hips and knees are fully extended, with head and shoulders over the hips.
- Reaching extension in midair is a no rep.

MOVEMENT STANDARDS

CLEAN AND JERK



- Start each rep with the barbell on the ground. Touch and go is permitted.
- No bouncing or dropping and catching the barbell on the rebound.
- If dropped, the barbell must settle on the ground before the start of the next rep.
- Power cleans, squat cleans, and split cleans are permitted.
- Hang cleans are not allowed.



- If using an empty barbell, or a barbell with smaller-than-standard plates, each rep must begin with the barbell clearly below the knees.



- The lift must have two distinct phases: the clean and the jerk.
- Snatching is not permitted.
- The barbell must make contact with the shoulders.
- It is NOT necessary to lock out the hips and legs to complete the clean before lifting the bar overhead.



- The rep is credited when:
 - The barbell is locked out overhead, and arms, hips, and legs are extended.
 - The bar is over or slightly behind the center of the body, with feet in line.
- A press, push press, push jerk, or split jerk are all permitted as long as the required finish position is achieved.
- Receiving any assistance other than adjusting loading is not permitted unless safety is an immediate concern.

MOVEMENT STANDARDS

SINGLE-LEG SQUAT



- At the start and finish of each rep, the hips and knee of the working leg are extended.
- The non-working leg must remain in front of the body (cannot pass beyond profile).
- Holding on to the non-working leg is permitted.



- At the bottom, the hip crease must pass below the top of the knee on the working leg.
- If any part of the body other than the support foot touches the floor before lockout, the rep will not count.
- Must alternate legs after every successful rep.
- Must complete a successful rep on one side before alternating.
- Resting the non-working leg on the working leg or using the hands/arms to push into the working leg is not permitted.

MEDICINE-BALL BOX STEP-UP (SCALED ONLY)



- Scaled divisions may use a medicine-ball step-up in place of single-leg squats.
- The ball can be held in any manner but may not make contact with the legs.
- See above for additional movement standards for the box step-up.



OPEN WEEK 4 SCORECARD (ALL)

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30 BOX JUMPS	30	
15 CLEAN AND JERKS	45	TIME
30 BOX JUMPS	75	
15 CLEAN AND JERKS	90	TIME
30 BOX JUMPS	120	
10 CLEAN AND JERKS	130	TIME

30 SINGLE-LEG SQUATS*	160	
10 CLEAN AND JERKS	170	TIME
30 SINGLE-LEG SQUATS*	200	
5 CLEAN AND JERKS	205	TIME
30 SINGLE-LEG SQUATS*	235	
5 CLEAN AND JERKS	240	TIME

Time OR Reps at 20 Minutes _____

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. _____

Affiliate Copy

Athlete Signature Date

Athlete Copy

WORKOUT 20.4

Time OR Reps at 20 Minutes _____

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