



# WORKOUT 12.4 17:00 PT Wed, Mar 14 through 17:00 PT Sun, Mar 18






Week 4 presented by



**WORKOUT** Complete as many rounds and reps as possible in 12 minutes of:

Men <i>Includes Masters Men up to 54 years old</i>	Women <i>Includes Masters Women up to 54 years old</i>
150 Wall balls (20lbs to 10' target) 90 Double-unders 30 Muscle-ups	150 Wall balls (14lbs to 9' target) 90 Double-unders 30 Muscle-ups
Masters Men <i>Includes Masters Men 55+</i>	Masters Women <i>Includes Masters Women 55+</i>
150 Wall balls (20lbs to 9' target) 90 Double-unders 30 Muscle-ups	150 Wall balls (10lbs to 9' target) 90 Double-unders 30 Muscle-ups

## MOVEMENT STANDARDS

<p><b>Wall ball</b></p>  <p><i>In the wall ball, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the specified target.</i></p>  <p><i>The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the wall it is no rep.</i></p> <p><i>Using an additional ball, box or other object to check for proper depth is not allowed. If the ball is not caught between reps, it must come to a full stop on the ground. Bouncing the ball off the floor is not permitted.</i></p>	<p><b>Double-under</b></p>  <p><i>This is a standard double-under in which the rope passes twice for each jump. Only successful jumps are counted, not just attempts.</i></p>	<p><b>Muscle-up</b></p> <p><i>In the muscle-up you must pass from a hang below the rings to support above them. A kipping muscle-up is ok, swings or rolls to support are not permitted.</i></p>  <p><i>The arms must come to a full lock out (with or without a "false grip") with the feet off the ground.</i></p>  <p><i>The elbows must fully lock out while supporting yourself above the rings.</i></p>
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## EQUIPMENT

To complete this workout you will need:

- A medicine ball of the appropriate weight for your division
- A wall of target set at the specified height
- A jump rope
- A set of gymnastic rings hung so that you can successfully perform a muscle-up

## VIDEO SUBMISSION STANDARDS

Prior to starting, film the measuring of the height of the wall ball target. All video submissions should be uncut and unedited in order to accurately display the performance. A second person with a stopwatch will need to be in the frame throughout the entire workout. Shoot the video from the side so that it is clear that proper depth and

height is being reached on the wall ball and that lockout is shown at the bottom and top of the muscle-up. For a video submission example click [here](#).

\*[http://pd.crossfit.com/games/video/G2012\\_Open12pt4GrahamHolmberg\\_SD.mov](http://pd.crossfit.com/games/video/G2012_Open12pt4GrahamHolmberg_SD.mov)

## ADDITIONAL NOTES

Please be sure to watch the entire [workout instruction video](#) for full details. Every rep counts in this workout. Credit will be given for partially completed rounds. You will enter your result by the number of rounds completed, plus the number of bar-facing burpees, plus the number of overhead squats, plus the number of muscle-ups in the final round (if incomplete). If you do not complete the first round, enter 0 for rounds and then the number of completed reps of each exercise.

\*[http://pd.crossfit.com/games/video/G2012\\_Open12point4\\_Standards\\_SD.mov](http://pd.crossfit.com/games/video/G2012_Open12point4_Standards_SD.mov)



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**SCORECARD**

Complete as many rounds and reps as possible in 12 minutes of:

- 150 Wall balls
- 90 Double-unders
- 30 Muscle-ups

Athlete Name \_\_\_\_\_

Judge Name \_\_\_\_\_

ROUND	WALL BALL (150)	DOUBLE-UNDER (90)	MUSCLE-UP (30)
1			
2			

**COMPLETED ROUNDS**

**ADDITIONAL REPS**

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Wall balls    Double-unders    Muscle-ups