



Workout 18.4

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Workout 18.4 Teen (13-14)

9 minutes time cap

21 deadlifts (weight 1)
21 hand stand push-ups
15 deadlifts (weight 1)
15 hand stand push-ups
9 deadlifts (weight 1)
9 hand stand push-ups
21 deadlifts (weight 2)
50 ft handstand walk
15 deadlifts (weight 2)
50 ft handstand walk
9 deadlifts (weight 2)
50 ft handstand walk

Rx: 115#/95# bar, 135#/115#

Scaled: 75#/55# bar, 95#/75#, push press
35#/15# and bear crawl

Workout 18.4 Youth (10-12)

9 minutes time cap

21 deadlifts (weight 1)
21 hand stand push-ups
15 deadlifts (weight 1)
15 hand stand push-ups
9 deadlifts (weight 1)
9 hand stand push-ups
21 deadlifts (weight 2)
50 ft handstand walk
15 deadlifts (weight 2)
50 ft handstand walk
9 deadlifts (weight 2)
50 ft handstand walk

Rx: 65#/55# bar, 85#/75#

Scaled: 45#/35# bar, 55#/45#, push press 15#
and bear crawl

Workout 18.4 Youth (7-9)

9 minutes time cap

21 kb deadlifts (weight 1)
21 push press
15 kb deadlifts (weight 1)
15 push press
9 kb deadlifts (weight 1)
9 push press
21 kb deadlifts (weight 2)
50 ft bear crawl
15 kb deadlifts (weight 2)
50 ft bear crawl
9 kb deadlifts (weight 2)
50 ft bear crawl

Rx: 12kg kettlebell, 16kg kettlebell, push press
5# dumbbells and bear crawl

Scaled: 8kg kettlebell, 12kg kettlebell, push
press weighted PVC and bear crawl

Workout 18.4 Adaptive Youth*

9 minutes time cap

15 good mornings
15 push-ups
12 good mornings
12 push-ups
9 good mornings
9 push-ups
15 good mornings
50 shoulder taps
12 good mornings
50 shoulder taps
9 good mornings
50 shoulder taps

**recommended workout, may be modified to fit
athlete's abilities.*



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Safety

Coaches and judges should enforce good form and technique with their athletes. If any dangerous conditions exist, the athlete should be stopped until the condition is remedied. Before conducting this workout, the athlete and judge should be completely familiar with the movement standards as described in this document. Please read the standards.

Scoring

The clock should count upwards to 9:00 minutes. Each rep is a point. If all required rounds are completed in less than 9 minutes, the score is the time completed. If the time cap is reached before all rounds are completed, the score is the time of 9:00 and the number of good reps completed prior to the time cap.

Equipment

Weighted PVC – 5.5 to 6#

15# bar

35# bar

45# bar

5# plates

10# plates

15# plates

25# plates

35# plates

45# plates

Collars

5# dumbbell

0.5 pood/8kg/18lb kettlebell

0.75 pood/12kg/26lb kettlebell

1.0 pood/16kg/35lb kettlebell

Deadlift

The barbell or kettlebell begins on the ground and must touch the ground between each rep. The athlete's knees and hips must be extended at the top, with the shoulders behind the bar or kettlebell. The athlete's hands must be outside

their knees if using a barbell but shall be inside their knees when using a kettlebell. **Safety**

Note: *Athletes should use proper technique when performing the deadlift. Judges will stop an athlete if an unsafe condition persists.*

Hand Stand Push-up

Before starting the workout, the athlete's foot line should be measured and marked on the wall (we suggest tape).

1. Measure the athlete's forearm from the elbow to the middle knuckle while the athlete makes a fist.
2. Athlete stands with back to the wall with feet at hip width position and heels touching the wall. Mark a line on the wall at the top of the athlete's head.
3. From the top of the head line on the wall measure $\frac{1}{2}$ the distance of the step 1 measurement and make a second mark. This will be the target line for the handstand push-up.

Each handstand push-up begins and ends with the heels in contact with the wall above the athlete's foot line and the arms fully locked out. The athlete may place their hands however they choose, as long as their heels are above the line, their body is open and in line with the arms. At the bottom of the movement, the athlete's head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates. The feet do not need to remain in contact with the wall for the entire movement, but must touch above the line at



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the beginning and end of each rep. Kipping is allowed.

Hand Stand Walk

The handstand walk lane must be 25 feet long and marked at 5 foot intervals allowing a 25 foot handstand walk in one direction before turning around and handstand walking back. The athlete must start **BEHIND** the line denoting the start of the segment being attempted and when kicking up, the entire hand must also start **BEHIND** the line. Stepping across the line and or starting with any part of the hand over the line constitutes a no rep. Athlete must walk across each 5 foot segment to earn the rep. If athlete fails to complete a 5 foot section, they must return to the last section successfully completed (or behind the start line if the failure was in the first section) and start **BEHIND** the line as described above. At the end of 5 sections, the athlete must turn around and walk back. Athlete may turnaround on their hands or may stand up as long as the start the return walk from **BEHIND** the line as described above.

Push Press

The barbell starts in the front rack position with athlete's hips and knees fully extended. Athlete dips then extends the knees and hips while pushing the bar overhead to a full lockout position. Athlete must get the bar overhead to full lockout position with hips and knees extended at the completion of the movement. Strict press, push jerk or split jerk are not allowed.

Bear Crawl

The bear crawl lane must be 25 feet long and marked at 5 foot intervals allowing a 25 foot crawl in one direction before turning around

and crawling back. Athlete must start with hands and feet in contact with the floor **BEHIND** the starting line. While crawling the athlete's hips must be above the level of the head to ensure that some weight is being distributed through the arms. Athlete must crawl using the palm of hands and bottom of feet in contact with the ground. Crawling on knees or any version of standing (ex. not using arms) is not allowed. Both hands and feet must cross the 5 foot lines and the turnaround line in order to receive points for that rep. Each 5 feet section is equal to 1 rep. The entire distance is 10 reps or points. If an athlete gets "no rep" during the crawl, he/she must back up to the last successfully completed 5 foot section and resume from there **BEHIND** the line.

Good Mornings

Bar sits in back squat position throughout the movement. With soft knees (Legs not locked out), send hips back. With a straight back, not allowing shoulders to round, athlete send hips back as far as possible the extends to upright position. Each rep is counted at the top of the movement

Shoulder Taps

Athlete begins at the top of a plank position (body may be supported as necessary). Athlete will touch hand to opposit shoulder, counting each tap as a rep. If a plank position is not possible, athlete will lay on the ground with arms locked out overhead (mark this place so that each rep begins at the same position) and then take the hand to the **SAME** shoulder. Each tap is counted as a rep.



Workout 18.4 Scorecard – Youth/Teen

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9 minute time cap

Weight 1		Weight 2	
21 Deadlifts	21	21 Deadlifts	111
21 HSPU/Push Presses	42	50ft Handstand Walk/Bear Crawl	121
15 Deadlifts	57	15 Deadlifts	136
15 HSPU/Push Presses	72	50ft Handstand Walk/Bear Crawl	146
9 Deadlifts	81	9 Deadlifts	155
9 HSPU/Push Presses	90	50ft Handstand Walk/Bear Crawl	165
<i>If time cap is reached before workout is completed, enter 9:00 for time and the number of reps completed in the Reps block. Otherwise just enter the time completed.</i>		Time Completed	
		Reps Completed	

Teen (13-14)

Rx – weight 1-115#/95#,
weight 2-135#/115#

Scaled - weight 1-75#/55#,
push press 35#/15#
weight 2-95#/75, bear crawl

Youth (10-12)

Rx - weight 1-65#/55#,
weight 2-85#/75

Scaled – weight 1-45#/35#,
push press 15#,
weight 2-55#/45#, bear crawl

Youth (7-9)

Rx – weight 1-0.75pood, push
press 5# dumbbells
weight 2-1.0pood, bear crawl

Scaled – weight 1-0.5pood,
push press weighted PVC,
weight 2-0.75pood, bear crawl

Athlete Name _____ Heat _____

Division: Youth (7-9) Youth (10-12) Teen (13-14) Gender: M / F Rx _____ Scaled _____

Judge Name _____ Affiliate _____

I confirm the information above is true and correct

Athlete Signature

Date



Workout 18.4 Scorecard – Adaptive

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9 minute time cap

Weight 1		Weight 2	
15 Good Mornings	15	15 Good Mornings	87
15 Push-ups	30	15 Shoulder Taps	102
12 Good Mornings	42	12 Good Mornings	114
12 Push-ups	54	12 Shoulder Taps	126
9 Good Mornings	63	9 Good Mornings	135
9 Push-ups	72	9 Shoulder Taps	144
<i>If time cap is reached before workout is completed, enter 9:00 for time and the number of reps completed in the Reps block. Otherwise just enter the time completed.</i>		Time Completed	
		Reps Completed	

Athlete Name _____ Heat _____

Division: Adaptive Youth

Gender: M / F Rx _____ Scaled _____

Judge Name _____ Affiliate _____

I confirm the information above is true and correct

Athlete Signature

Date