



# EVENT 4+5



## EVENT 4



**AMRAP 6:**

**14 HSPU\*\***

**2 Rope Climbs**

**6 Squat Cleans\***

**\*35+: 105, 40+: 95**

**60 pts**

1 min



Movement	Pts
Strict HSPU	3
Kipping HSPU	1
2 arm DB PP (25 lbs)	0.1
Rope Climb (no legs, seated)	5
Rope Climb (no legs)	3
Rope Climb (using legs)	1
Clean	1

## EVENT 5



**AMRAP 6:**

**14 HSPU**

**2 Rope Climbs**

**6 Squat Cleans\***

**\*35+: 155, 40+: 135**

**60 pts**

- Event 4 and Event 5 are identical workouts. Event 4 will be for teams of 3 females and Event 5 will be for males.
- Team members will all have access to 1 barbell, 1 HSPU station, and 1 climbing rope.
- **Movement standards: Rope Climb** – athlete is required to touch a target at the top of the rope. The athlete may start each rope climb from a jump. Athletes may use their legs to descend from the rope once the athlete hits the target. **Seated rope climb** – athlete must elevate both feet for 1 second before hips leave ground, remainder of the rope climb must not use legs until target is reached.
- **\*\*HSPU scaling option (Female only)** – if the team elects, they can perform 2 arm DB PP (25lbs). Reps/round remain the same. These reps will be worth less points.
- **Movement standard: HSPU (Strict)** (Individual Event 4 in link) – Hips may not touch the wall. Palms must stay inside area (34" x 24"). Feet must stay in contact with the wall through the finish of the rep.
- **Movement standard: HSPU (Kipping)**: same as strict – hips may touch the wall during the kip. Feet must stay in contact with the wall through the finish of the rep.