



EVENT 4+5



EVENT 4



AMRAP 8:

21 HSPU

3 Rope Climbs

9 Squat Cleans (125)

60 pts

1 min

Movement

Strict HSPU

Kipping HSPU

Rope Climb (no legs, seated)

Rope Climb (no legs)

Rope Climb (using legs)

Clean

**F
Pts**

**M
Pts**

3

1

1

n/a

5

3

3

1

1

n/a

1

1

EVENT 5



AMRAP 8:

21 Strict HSPU

3 Legless Rope Climbs

9 Squat Cleans (185)

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. Males must perform legless rope climb. **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.
- **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.