

PAIN TO GAIN

WORKOUT #4

4/8/19 8 A.M. – 4/15/19 8 A.M.

(PACIFIC STANDARD TIME)

ATHLETE NAME:

FOR TIME:

3-6, 3-9, 3-12, 3-15

BAR MUSCLE UPS
THRUSTERS (135LBS/95LBS)

3 BAR MUS	
6 THRUSTERS	
3 BAR MUS	
9 THRUSTERS	
3 BAR MUS	**
12 THRUSTERS	
3 BAR MUS	
15 THRUSTERS	

Equipment

- Barbell (45/35 lbs, 20/15 kg)
- Pull-up Bar
- Bumper Plates (18" diameter) to load appropriate weight
- Collars

Notes

At the call of "3-2'1 ... go," the athlete will perform 3 bar muscle ups, then 6 barbell thrusters. They will then perform 3 bar muscle ups, then 9 barbell thrusters, etc., until the last round of 15 barbell thrusters is completed. Every second counts in this workout. Your score will be the time it takes to complete all 54 repetitions.

**RECORD TIME AFTER 3rd SET OF BAR MUSCLE UPS AS THIS WILL BE WOD4A TIME.

VIDEO SUBMISSION STANDARDS

Prior to starting, film the barbell, bumper plates, and pull-up bar. The athlete, equipment, judge, and timer must all be in the video for the duration of the video. Any editing of the videos will be rejected.

Please be sure you have enough battery life, memory and time to upload your video to YouTube in order to allow a longer video.