

**W.O.D 4 DEAD ROPES****LOCATION: CROSSFIT HPU** (THE IMAGES ARE FOR MARKETING PURPOSES ONLY)**FORMAT: ALL 4 MEMBERS MM/FF****TIME: 9 MIN TIME CAP**

IN ASSOCIATION WITH

**LES MILLS****WORKOUT ALL DIVISIONS****RX****Deadlift 140/105****9-6-3****Rope Climb (only RX Male legless)****3-2-1****MASTERS/INTERMEDIATE.****Deadlift 100/60****9-6-3****Rope Climb****3-2-1****OVERVIEW:**

Male/Male Female/Female Pairings

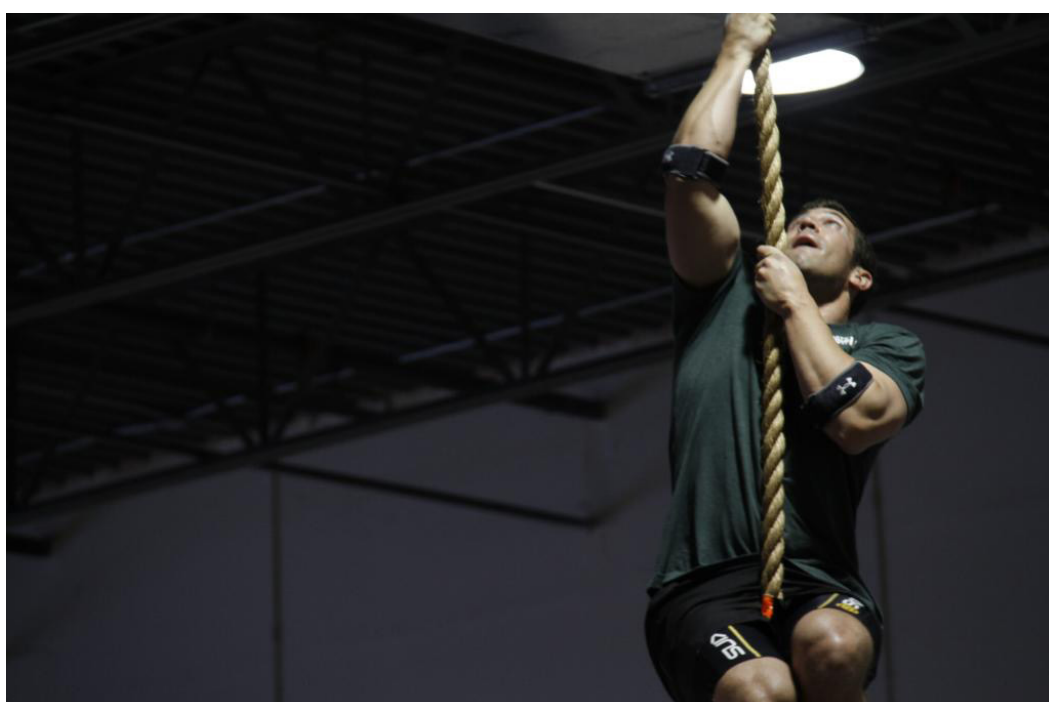
At the commence of 3-2-1 Go

First Pair Male or Female, Partner A must complete 9 deadlifts on the 9th rep they must hold the bar at the waist while their Partner must complete 3 Rope Climbs, Rope climbs can only be counted if the bar is maintained at the hip. They then swap and complete the same sequence.

They complete the next two rounds in the same fashion. Once the 3 rounds is completed they then tag the next pairing and they complete in the same order and fashion.

**MOVEMENT STANDARDS:****DEADLIFT:**

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting at the floor, the barbell is lifted until hips and knees reach full extension with the shoulders behind the bar. The arms must be straight throughout. Deliberate bouncing of the barbell is not allowed. Dropping the barbell after the completion of the repetition is permitted. Hitching is permitted, as long as full extension of the knees and hips is eventually reached.

**ROPE CLIMBS**

In the rope climb, the athlete ascends the rope to touch the cross beam at the top. Jumping up to begin each ascent is permitted. On the descent, the athlete must show control and may not drop from the rope until their hands touch below the designated mark.

**SCORING**

Scoring is based on time. 1st place is 1 point, second place is 2 points etc