WOD 4 TOYS | WORKOUT 4

SKI / ROW / THRUSTER RELAY

4 ATHLETES	RELAY - FOR TIME	9-MINUTE CAP

WORKOUT DESCRIPTION

Workout 4 is a four-person relay. **Teams may choose any athlete order.** One athlete at a time must complete the full sequence of **12 calories on the SkiErg, 12 calories on the rower, and 18 thrusters**. The next athlete cannot begin until the previous athlete has completed all three movements. Continue until all four athletes have completed their relay leg or the 9-minute cap is reached.

WORKOUT FLOW

1	**CHOOSE YOUR ORDER** The team selects the order of its four athletes before beginning the relay.
2	**12 CALORIES - SKI** Athlete 1 completes 12 calories on the SkiErg.
3	**12 CALORIES - ROW** The same athlete completes 12 calories on the rower.
4	**18 THRUSTERS - 95/65 LB** The same athlete completes 18 thrusters using the 25 lb short bar.
5	**TAG IN THE NEXT ATHLETE** Only after all 18 thrusters are completed may Athlete 2 begin. Repeat the full sequence for Athletes 2, 3, and 4.

MOVEMENT STANDARDS

• **SkiErg:** Complete 12 calories as shown on the machine before moving to the rower.

• **Rower:** Complete 12 calories as shown on the machine before moving to the thrusters.

• **Thrusters:** Complete a front squat followed by one continuous press overhead. At the bottom, the hip crease must pass below the top of the knee. At the top, knees, hips, and arms must be extended with the bar overhead.

• **Short bar:** All thrusters use a **25 lb short bar**; prescribed loaded weights are **95 lb men / 65 lb women** (including the bar).

• **Relay:** Athletes must perform Ski, Row, then Thrusters in that order. Only one athlete works at a time; the following athlete may not start early.

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RULES, PENALTIES & SCORING

PENALTIES

Letting go of the SkiErg or rower handles: A **1-minute penalty** is added to the team's final time each time an athlete lets go of either handle during the effort. Athletes must maintain control of the handles; do not release them and let them fly or snap back.

SCORING

The score is the **team's total time** to complete all four relay legs, including any assessed penalties. The workout has a **9-minute time cap**. If the team reaches the 9-minute cap, **add 1 second to the score for every unfinished repetition**. Each remaining Ski or Row calorie and each remaining thruster counts as one repetition. **Example: 15 reps remaining = 9:15.** Any handle-release penalties are added separately to the final time.

EXAMPLE RELAY

1	**ATHLETE 1** 12 Ski calories + 12 Row calories + 18 Thrusters
2	**ATHLETE 2** 12 Ski calories + 12 Row calories + 18 Thrusters
3	**ATHLETE 3** 12 Ski calories + 12 Row calories + 18 Thrusters
4	**ATHLETE 4** 12 Ski calories + 12 Row calories + 18 Thrusters

KEY REMINDERS

- All four athletes participate; **teams choose their own relay order**.
- Each athlete performs **12 Ski / 12 Row / 18 Thrusters** before the next athlete starts.
- The next athlete **cannot begin** until the prior athlete finishes.
- Thrusters use a **25 lb short bar** loaded to **95/65 lb**.
- **Releasing SkiErg or rower handles during the effort = 1-minute penalty** per occurrence.
- **Time cap: 9 minutes.** Add **1 second per unfinished rep** (15 reps left = 9:15); handle-release penalties also apply.