EVENT 4
RETURN TO SENDER
PRESENTED BY ×TWL

Event 4 - For Time

50 calorie row
Rest 1min
50 calorie row

Divisions
All divisions perform this workout as it is written

Scoring
Event 4 is scored for total rowing time. The movement standards video shows how to set up the rower correctly for this workout and how to recall the data. If you are using a PM3 this may not work for you - please refer to Facebook / Instagram for alternative instructions with a PM3 that cannot be set to a countdown

Workout Flow
Athletes will start on the rower with the monitor set as per the movement standards video. They will row 50 calories, once the rower reaches 0, they will rest for 60sec **without** getting off of the rower - this includes unstrapping the feet, at the end of the rest they will complete another 50 calories of rowing. At the conclusion of the workout follow the instructions as per the video as to recalling the time from the rower

Movement Standards
Please view the video link for all the movement standards - note we have made every effort to make the movement standards very clear to keep a level playing field, any attempt to manipulate the movement standards to gain an advantage will result in scores being ruled invalid.

Video Submission

Please video your performance in its entirety and attach a YouTube link when submitting your score to Throwdowns.

We are not looking for a cinematic masterpiece - we just want to see it is YOU doing the work and it matches the score entered. We recommend the WODProof app for recording your workouts, it will watermark the video with your name, workout name and a timer (it also does handy things like remind you to put your phone in flight mode…)

Set your camera up so you can see all the movements being performed, ideally from the side or 45degree to see the hips being opened on squatting movements and bar lock out overhead.

It doesn't matter if the workout is performed in a class setting and there are other people in the video - it just needs to verify it is you, doing the work and meeting the movement standards.

The video submission is there to ensure a fair competition for everyone - if there is any doubt about the validity of the movement meeting the standards, the equipment being used or any other witchcraft the most likely scenario is your score will be ruled invalid.

Its 2020 folks - everyone has a smartphone that can upload video easily to YouTube - if you don't know how to do it, get someone to upload it for you (or treat it as an exciting new skill to learn).