



Qualifier

19.3

ELITE

Time cap 14 minutes

40 calorie row
30 Dual DB Hang snatches
40 calorie row
30 Dual DB Hang power clean and jerks
40 calorie row
30 Devil presses

Weights

Men: 2x 22,5 kg

Women: 2x 15kg

Equipment

- Dumbbells
- Rower

Workout standards

The workout begins with a team member sitting on the rower. The work can be divided which ever way you like between the two team members.

Your score is your time to complete the workout or total combined number of reps.

Teams may use one rower for this workout.

Video Standards

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout, clearly show you use the right equipment, weights, heights, etc for this workout. Your judge and a clock with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.



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Movement Standards

Row

The monitor of the rower must be set to zero at the beginning of each row. Both athlete's are allowed to reset the monitor. The athlete must stay seated on the rower until the monitor reads the required calories.

Dual Dumbbell hang power clean and jerks

The movement starts with the DBs on the ground. After the DBs are lifted off the floor, the athlete must pause with the DBs at the hang position, either at their side or between the legs. From there, the athlete may perform a muscle clean, power clean or split clean, but no squat clean. When the DBs come up they have to make contact with the shoulders before starting the shoulder to overhead portion. The athlete may perform a strict press, push press, push jerk or split jerk to come to a shoulder to overhead. The DBs must come to full lockout overhead, with the hips, knees and arms fully extended, and the DBs directly over or slightly behind the middle of the body.

Dual dumbbell hang snatches

The movement starts with the DBs on the ground. After the DBs are lifted off the floor, the athlete must pause with the DBs at the hang position, either at their side or between the legs. From there, the athlete may perform a muscle snatch, power snatch, squat snatch or split snatch. The DBs must come to full lockout overhead, with the hips, knees and arms fully extended, and the DBs directly over or slightly behind the middle of the body. The DBs must be brought overhead in one motion and may not touch the shoulders or any other body part on the way up.

Devil press

The Devil Press is a movement with two dumbbells of the same weight and is essentially a combination of a dumbbell burpee and a dual dumbbell snatch.

The movement starts with the DBs on the ground. Then, with the athlete's hands on the DB, they'll perform a burpee, with the chest making contact with the floor. From here, the athlete will jump to their feet, never taking their hands from the DBs. Next, the athlete shall snatch or swing both DBs from the floor simultaneously and finish with both locked out overhead, with the hips, knees and arms fully extended, and the DBs directly over or slightly behind the middle of the body. This shall indicate a completed repetition.

The athlete may swing the DBs between their legs to help build momentum to get them overhead, but the athlete may NOT pause at the shoulders and press the DBs.



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Scoreform

Time cap 14 minutes

40 cal row	40
30 Dual DB Hang Snatches	70
40 cal row	110
30 Dual DB Hang power clean and jerks	140
40 cal row	180
30 Devil Presses	210
Total reps	

__:__ Finish time

Team Name _____

Affiliate _____

Judge _____

Score if completed ____:____

Score if not completed

Total reps _____

