



WORKOUT FOUR

PRESENTED BY



16 MINUTE AMRAP

DEVIL PRESS
ALT. DB STEP-UPS
2/2, 4/4, 6/6, 8/8, 10/10, ETC

TIME CAP /
16 MIN

SCORE /
TOTAL REPS

TIE BREAKER /
TIME IT TAKES FROM START TO
8/8 COMPLETION

ELITE/RX, MASTER'S (35-39, 40-44)

24, 20IN / 50, 35LBS

INTMD/SCALED, MASTER'S (45-49)

24, 20IN / 35, 20LBS

MASTER'S (50-54, 55+), TEEN 16-18

24, 20IN / 35, 20LBS

TEEN 13-15

20IN ACROSS / 35, 20LBS

SCALED OPTION /

35, 20 LBS & 1 DB FOR STEP-UPS (CARRY ANYWAY)

SCALED - TEEN 13-15 /

DEVIL PRESS @ 20, 10 LBS
20IN ACROSS
STEP-UPS, UNWEIGHTED

EQUIPMENT /

Set of dumbbells, Plyometric Box

If performing in kilograms:

22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.)

FLOW /

Workout 4 is a 16min AMRAP, with the score being the total number of repetitions performed.

Athletes will begin standing tall, with their dumbbells resting on the ground. At the start of the clock, the athlete will begin with the set of two (2) devil presses (explained below.) Once the athlete completes the two devil presses, they will continue to the plyometric box set to the specific height, where they will perform two total alternating dumbbell step-ups with the same weight. For the first set of two, that includes one step-up with the right leg, and one step-up with the left leg, totaling two (2.)

Upon completion of the set of two step-ups, the athlete will perform four (4) devil presses. Then, they'll complete four (4) alternating DB step-ups (2 L & 2 R.)

Upon the completion of the round of 8/8, the athlete and/or judge should note the time, as this will be used as the tie-breaker in the case of a tie.

They'll continue in this fashion, increasing the reps of each movement by two repetitions, until the end of the 16 minute clock.

This workout is scored as the total number of repetitions completed within the 16 minute cap.

MOVEMENT STANDARDS /



DEVIL PRESS /

The Devil Press is a movement featuring two dumbbells of the same weight, and is essentially a combination of a dumbbell burpee, and a double dumbbell snatch.

Athletes will start each repetition with the dumbbells on the ground. Then, with the athlete's hands on the dumbbell, they'll perform a burpee, with chest making contact with the floor. From here, the athlete will jump to their feet, never taking their hands from the dumbbells. Next, the athlete shall snatch or swing both dumbbells from the floor simultaneously, and finish with both locked out overhead, with hips, knees, shoulders, and arms at full extension. This shall indicate a completed repetition.

Please note, the athlete may "swing" the dumbbells between their legs to help to build momentum to get them overhead, but the athlete may NOT pause at the shoulders and press the dumbbells.



ALT. DUMBBELL STEP-UP /

Next is the dumbbell step-up. For this movement, the athlete must start with the dumbbells in their hands at the athlete's sides, with both feet in contact with the ground. The athlete will then, leading with one leg, step onto the box. A repetition is complete when both feet are on top of the box, dumbbells in hand, with hips and knees at full extension. Before beginning the next repetition, both feet must come back in contact with the ground.

Each repetition must alternate which foot is leading.

The athlete must also refrain from using their hand or the dumbbell in contact with the box to assist them with their step-up.

VIDEO SUBMISSION /

Prior to starting, film the dumbbells & box to be used so the weight and height can be clearly seen. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises 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.

Please note, videos are not required at the time of Week 2 score submission, however, select videos, to be announced later, will be required from all athletes seeking to compete in Miami. Team WZA recommends recording all videos to be prepared for this request.

FAQ /

For all frequently asked questions please visit:

<https://faq.wodapalooza.com/wza-online-challenge-and-qualifier>



WEEK TWO / WORKOUT FOUR
SCORECARD

CBD MEDIC™

ELITE/RX, INTERMEDIATE, MASTER'S 35-39, MASTER'S 40-44,
MASTER'S 45-49, MASTER'S 50-54, MASTER'S 55+, TEEN 16-18, TEEN 13-15
SCALED

16 MINUTE AMRAP

DEVIL PRESS / DB STEP-UP

2 2	2 4
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4 8	4 12
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6 18	6 24
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8 32	8 40
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: TIE BREAKER

10 50	10 60
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12 72	12 84
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14 98	14 112
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16 128	16 144
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18 162	18 180
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20 200	20 220
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22 242	22 264
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24 288	24 312
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26 338	26 364
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28 392	28 420
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TOTAL REPS

TIE BREAK TIME

ATHLETE NAME

SIGNATURE

JUDGE NAME
