

**WORKOUT FIVE**

**BIENVENIDO O NO**

PRESENTED BY

**NOBULL**

**FOR TIME | 10-1**

TOES-TO-BAR

DEVIL PRESS (50, 35LB'S)

**TIME CAP /**  
12 MIN

**SCORE /**  
TOTAL TIME

**ELITE/RX, 35-39,  
40-44**

50, 35 LBS (22.5, 15 KG)

**INTER, 45-49, 16-18**

40, 25 LBS (18, 11 KG)

**50-54, 55-59, 60-64,  
13-15**

35, 20 LBS (15, 9 KG)

**65+**

20, 15 LBS (9, 7.5 KG)

**MODIFIED:  
SCALED, BEGINNER**

HANGING TOE RAISE

**REQUIRED EQUIPMENT /**

Pull Up Bar, Dumbbells

## SCORING /

Total time to complete the workout.

An athlete may choose to perform the “Modified” version of the workout, in which case when submitting their score in Competition Corner they will indicate as such. Please note, any athlete choosing to perform the modified variation will rank lower than any athlete that elects to perform the workout as prescribed.

## WORKOUT FLOW /

This workout begins with the athlete standing tall under the pull up bar. At the start of the clock, the athlete may start completing 10 reps of the prescribed core movement. At the completion of the 10th rep, the athlete must advance to the dumbbells and perform 10 devil presses, at the completion of the 10th devil press, the athlete must return to the prescribed core movement and perform 9 reps, followed by 9 devil presses, then 8 reps of the prescribed core movement, 8 devil presses and so on, deducting 1 rep each round until they complete 1 rep of each movement.

This workout ends when the athlete completes all the repetitions established in the workout.

Athletes must reset their own dumbbells if bounced out of work area / camera view. Having another person restage the dumbbells is not allowed.

## MOVEMENT STANDARDS /

### Toes-to-Bar

In the toes-to-bar, the Athlete must go from a full hang to having the toes touch the pull-up bar. Both feet must be in contact with the bar at the same time, inside the hands. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before initiating the next rep. Any part of the shoe may touch the bar for the rep to count.

### Devil Press

This movement starts with the dumbbells on the ground. The athlete must reach a push up position holding both dumbbells, the chest making full contact with the ground, and then raise both dumbbells to an overhead position in one movement. The rep is credited when the dumbbells are locked out overhead, with the hips, knees, and arms fully extended; and both dumbbells are directly over or slightly behind the middle of the body. Hands must remain in contact with the dumbbells throughout the entire movement, including the burpee. A clean & jerk or any pause resulting in the dumbbells making contact with the body is not allowed.

## MOVEMENT STANDARDS (CONT.) /

### Hangin' Toe Raises

In the hanging toe raise, the Athlete must go from a full hang to having the toes brought to or above the height of the hips in front of the body. The arms and hips must be fully extended at the bottom and the feet must be brought back behind the bar and behind the body before initiating the next rep. Any grip is permitted.

## FILMING RECOMMENDATIONS /

- Film the pull-up bar and dumbbells so the loads can be seen clearly.
- Videos must be uncut and unedited to accurately display the performance.
- Your judge or a clock/timer must be visible throughout the workout.
- Shoot the video so all exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Full Requirements and Guidelines for video submission can be found [HERE](#)

ALL DIVISIONS

FOR TIME / 12 MINUTE TIME CAP

REPS	TOES TO BAR/ HANGING TOE RAISE	DEVILS PRESS
10	10	20
9	29	38
8	46	54
7	61	68
6	74	80
5	85	90
4	94	98
3	101	104
2	106	108
1	109	110

TOTAL TIME  :

OR

TOTAL REPS AT CAP

ATHLETE NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

JUDGE NAME \_\_\_\_\_