

WORKOUT FIVE

BIENVENIDO O NO

PRESENTED BY

NOBULL

UPPER IMPAIRMENT

FOR TIME | 10-1

V UP

DEVIL PRESS

(50, 35LBS)(SHORT STATURE 25/15LBS)

LOWER IMPAIRMENT

FOR TIME | 10-1

TOES TO BAR (T2B)

DEVIL PRESS

(35, 20 LBS) (AK 25/15LBS)

NEUROMUSCULAR

FOR TIME | 10-1

V UP

DEVIL PRESS

(25/15LB'S) MAJOR NEURO (20, 10LBS)

SEATED

FOR TIME (ALTERNATING DESCENDING LADDER)

20-18-16-14-12-10-8-6-4-2 DUMBBELL CORE TWISTS

10-9-8-7-6-5-4-3-2-1 SINGLE ARM SWING PRESS ALT (35/20LBS)

UPPER IMPAIRMENT SCALED

FOR TIME | 10-1

SIT UP

DEVIL PRESS

(35, 20LBS) (SHORT STATURE 20/10LBS)

LOWER IMPAIRMENT SCALED

FOR TIME | 10-1

SIT UP

DEVIL PRESS

(35, 20LBS)

NEUROMUSCULAR SCALED

FOR TIME | 10-1

SIT UP

DEVIL PRESS

(25, 15LB'S) - MAJOR NEURO (20, 10 LB)

SEATED SCALED

FOR TIME (ALTERNATING DESCENDING LADDER)

20-18-16-14-12-10-8-6-4-2 DUMBBELL CORE TWISTS

10-9-8-7-6-5-4-3-2-1 SINGLE ARM SWING PRESS ALT (20/10LBS)

UPPER RX

50, 35 LBS (22.5, 15 KG)
V-UP

LOWER RX

35, 20 LBS (15, 9 KG)
T2B

NEUROMUSCULAR RX

25, 15LB
V-UP

SEATED RX

35, 20 LBS (15, 9 KG)
TWIST

UPPER SCALED

35, 20 LB
BUTTERFLY SIT-UPS

LOWER SCALED

35, 20 LB
BUTTERFLY SIT-UPS

NEUROMUSCULAR SCALED

20, 10 LB
BUTTERFLY SIT-UPS

SEATED SCALED

20, 10 LBS (15, 9 KG)
TWIST

SHORT STATURE

25, 15
V-UP

REQUIRED EQUIPMENT /

Pull Up Bar, Dumbbells

SCORING /

Total time to complete the workout.

WORKOUT FLOW /

This workout begins with the athlete standing tall under the pull up bar or on the ground or sitting upright in chair, depending on division movement. At the start of the clock, the athlete may start completing reps of the prescribed core movement. At the completion of the required reps, the athlete must advance to the dumbbells and perform devil presses or swing and press, at the completion of the repetition of the devil press, the athlete must return to the prescribed core movement and perform prescribed reps, followed by 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 the work area / camera view. Having another person restage the dumbbells is not allowed.

MOVEMENT STANDARDS (CONT.) /

Row

TOES 2 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

MOVEMENT STANDARDS (CONT.) /

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.

One Arm Devil Press: (Upper Only)

This movement starts with the dumbbell on the ground. The athlete must reach a push up position holding one dumbbell, the chest making full contact with the ground, and then raise one dumbbell to an overhead position in one movement. The rep is credited when the dumbbell is locked out overhead, with the hips, knees, and arms fully extended; and one dumbbell is directly over or slightly behind the middle of the body. Hand must remain in contact with the dumbbell 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.

Sit Ups

Each rep of the sit up begins with the athlete's back and shoulder blades in contact with the floor, the knees splayed outward, and the hands stretched in front of the lower torso, between the legs. The rep is credited once the athlete raises their torso until their shoulders are forward of the hips and the hands touch the floor in front of the feet. AbMats are permitted but not required.

V-Up

Each rep of the V-up begins with the athlete's back and shoulder blades in contact with the floor, the legs straight out in front and the hands stretched in front of the lower torso,. The rep is credited once the athlete raises their torso and legs in a v shape until their shoulders are forward and the hands touch the legs above the knee.. AbMats are permitted but not required.

Seated One Arm Alternating Swing & Press

The Dumbbell will start on the floor before the first rep of each set. The athlete will deadlift the first rep to a hang position. Bottom of the hang position is arm at side arm fully extended. The Db will then be swung up into position and in one motion moving to the press finishing directly overhead. The Db must be lifted overhead in one motion. A clean & press or any pause resulting in the dumbbells making contact with the body is not allowed.

Athletes must complete 1 rep on one arm before moving to the opposite arm. athletes may not alternate arms until a successful reps are achieved.

MOVEMENT STANDARDS (CONT.) /

Dumbbell Core Twist

- Every rep begins and ends with the athlete sitting tall IN THE CHAIR, with the dumbbell on one side of the body. Using two hands, the athlete will move the dumbbell from one side of the body to the other by passing the dumbbell over the thighs in a twisting motion.
- Both hands must be on the dumbbell at all times
- The rep is credited when the athlete touches the dumbbell to the ground with the bottom head of the dumbbell passing behind the hip crease on the opposite side of the starting position.

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 and a clock or 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](#)

UPPER IMPAIRMENT, LOWER IMPAIRMENT & NEURO

FOR TIME / 12 MINUTE TIME CAP

REPS	TOES 2 BAR / V-UP / BUTTERFLY SIT UPS	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 _____

SEATED

FOR TIME / 12 MINUTE TIME CAP

REPS	DB CORE TWIST	SINGLE ARM DB SWING PRESS
20/10	20	30
18/9	48	57
16/8	73	81
14/7	95	102
12/6	114	120
10/5	130	135
8/4	143	147
6/3	153	156
4/2	160	162
2/1	164	165

TOTAL TIME :

OR

TOTAL REPS AT CAP

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____