

WORKOUT 5 PICK YOUR POISON

PRESENTED BY



ELITE/RX

EACH ATHLETE PER TEAM MUST COMPLETE ONE OF THE FOLLOWING SEGMENTS:

ATHLETE 1

20 ROUNDS OF:

- 1 DEVIL PRESS (50, 35LB)(22.5, 15KG)
- 2 DB THRUSTERS (50, 35LB)(22.5, 15KG)
- 3 BBJO (24, 20IN)

ATHLETE 2

10 ROUNDS OF:

- 2 DEVIL PRESS (50, 35LB)(22.5, 15KG)
- 4 DB THRUSTERS (50, 35LB)(22.5, 15KG)
- 6 BBJO (24, 20IN)

ATHLETE 3

5 ROUNDS OF:

- 4 DEVIL PRESS (50, 35LB)(22.5, 15KG)
- 8 DB THRUSTERS (50, 35LB)(22.5, 15KG)
- 12 BBJO (24, 20IN)

INTER, SCALED, BEGINNER

EACH ATHLETE PER TEAM MUST COMPLETE ONE OF THE FOLLOWING SEGMENTS:

ATHLETE 1

20 ROUNDS OF:

- 1 DEVIL PRESS (35, 20LB)(15, 9KG)
- 2 DB THRUSTERS (35, 20LB)(15, 9KG)
- 3 BBJO (24, 20IN)

MODIFIED: SCALED/BEGINNER MAY STEP OVER

ATHLETE 2

10 ROUNDS OF:

- 2 DEVIL PRESS (35, 20LB)(15, 9KG)
- 4 DB THRUSTERS (35, 20LB)(15, 9KG)
- 6 BBJO (24, 20IN)

MODIFIED: SCALED/BEGINNER MAY STEP OVER

ATHLETE 3

5 ROUNDS OF:

- 4 DEVIL PRESS (35, 20LB)(15, 9KG)
- 8 DB THRUSTERS (35, 20LB)(15, 9KG)
- 12 BBJO (24, 20IN)

MODIFIED: SCALED/BEGINNER MAY STEP OVER

TIME CAP /
18 MIN PER ATHLETE

SCORE /
TOTAL TIME

REQUIRED EQUIPMENT /

Dumbbells, Box

The official programmed weight is in pounds. For your convenience the minimum acceptable weights in kg are included in the workouts as listed. If subbing for unavailable equipment, athletes may work at or above the minimum listed weights, however not below.

SCORING /

The sum of each athlete's total time for their chosen version of this workout will be the team's score.

**If any athlete does not complete the workout under the 18 min timecap, their score will need to include penalty seconds for the total unfinished reps.. As an example, if athlete 2 completes only 108 of the 120 reps within the 18 min timecap, their score would be 18:12

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 the entire team score lower than teams that elect to perform the workout as prescribed.

WORKOUT FLOW /

Each athlete will individually complete one different version of this workout.

This workout begins with the athlete standing tall in front of the dumbbells. At the start of the clock, the athlete will begin with their designated repetitions of devil presses, followed by the designated repetitions of dumbbell thrusters, and finally the burpee box jump overs to complete the round. Each athlete will complete the designated rounds and repetitions of these three movements as prescribed by the version they have selected.

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

Moving immediately into the DB thrusters once lockout is achieved with the devil's press is allowed.

MOVEMENT STANDARDS /

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 between the dumbbells, 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 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. Power snatch is allowed as long as final lockout requirements are met.

Dumbbell Thrusters

This movement begins with the dumbbells on the ground. Dumbbells must be held in the front rack position during the squat. The athlete must move from the bottom of a front squat to full lockout overhead in one fluid movement. A full squat clean into the thruster is allowed when the dumbbells are taken from the floor. The hip crease must clearly pass below the top of the knees in the bottom position. 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. The weight must continue to move until lockout. Re-dipping during the press (i.e., performing a jerk) will result in a “no rep”. Athletes may not receive assistance when picking up or setting down the dumbbells.

Burpee Box Jump Over

In the bottom position, the athlete must face the box with their chest and hips touching the ground. The athlete then comes to their feet and must jump over the box to the other side where the athlete will start the next rep, again facing the box. Stepping out and back in the burpee is allowed, however the jump over the box must be a two-footed jump. Landing on top of the box is not required, however only the feet may make contact with the box. Each rep, including the final rep, is complete once the athlete has landed on the other side of the box from the last completed burpee.

FILMING RECOMMENDATIONS /

- If competing for a spot at Wodapalooza Miami, each athlete must be prepared to provide an independent video of their performance.
- Along with the general intro, each athlete must identify which segment of the workout they will be performing (“Athlete 1, 2 or 3”)
- Film the dumbbell weight so the loads can be seen clearly, and show the height of the box with a tape measure..
- 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](#)

ALL DIVISIONS

ATHLETE 1 : 20 ROUNDS FOR TIME

RND	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1 DEVIL PRESS	1	7	13	19	25	31	37	43	49	55	61	67	73	79	85	91	97	103	109	115
2 DB THR	3	9	15	21	27	33	39	45	51	57	63	69	75	81	87	93	99	105	111	117
3 BBJO	6	12	18	24	30	36	42	48	54	60	66	72	78	84	90	96	102	108	114	120

ATHLETE 1 TIME :

ATHLETE 2 : 10 ROUNDS FOR TIME

RND	1	2	3	4	5	6	7	8	9	10
2 DEVIL PRESS	2	14	26	38	50	62	74	86	98	110
4 DB THR	6	18	30	42	54	66	78	90	102	114
6 BBJO	12	24	36	48	60	72	84	96	108	120

ATHLETE 2 TIME :

ATHLETE 3 : 5 ROUNDS FOR TIME

RND	1	2	3	4	5
4 DEVIL PRESS	4	28	52	76	100
8 DB THR	12	36	60	84	108
12 BBJO	24	48	72	96	120

ATHLETE 3 TIME :

A1 + A2 + A3 = TEAM SCORE

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____