



WORKOUT THREE SCORECARD



SCORES DUE OCTOBER 23RD @ 8PM ET

WORKOUT THREE



EACH ATHLETE PERFORMS THE FOLLOWING FOR THE TEAM'S TOTAL REPS

18MIN AMRAP

- 20 DEVIL PRESS** (50,35LB)
- 30/20 CAL ROW**
- 40 DBL DB BOX STEP-OVERS** (24, 20IN)(50,35LB)
- 50/40 CAL ROW**
- 60 BOX JUMP OVERS** (24, 20IN)
- 70/60 CAL ROW**

ELITE, RX, INTERMEDIATE, OPEN, MASTERS

- 20 DEVIL PRESS (50, 35LB)
- 30/20 CAL ROW
- 40 DBL DB BOX STEP-OVERS (24, 20IN) (50, 35LB)
- 50/40 CAL ROW
- 60 BOX JUMP OVERS (24, 20IN)
- 70/60 CAL ROW

MODIFIED

- 20 DEVIL PRESS (35, 20LB)
- 30/20 CAL ROW
- 40 DBL DB BOX STEP-OVERS (24, 20IN) (35, 20LB)
- 50/40 CAL ROW
- 60 BOX JUMP OR STEP OVERS (24, 20IN)
- 70/60 CAL ROW

SCORING

The score for this workout is the team's total cumulative reps.

When submitting, the team captain will be responsible for submitting each individual score for each member of their team, which will automatically sum the team's score.

Please note, if one athlete elects to perform the modified version of the workout, the team must select the modified check-box when submitting their score, even if other members of the team performed as prescribed.

TIEBREAK: Highest rep total by one athlete of the team



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FLOW

This workout starts with the athlete standing tall at the dumbbells. At the start of the clock each athlete will have 18 minutes to accumulate as many repetitions as possible of 20 devil press, 30 for men or 20 for women calories on a rower, 40 double dumbbell box step-overs (at their prescribed height), 50 for men or 40 for women calories on a rower, 60 box jump overs (at their prescribed height) and 70 for men, 60 for women calories on a rower. Upon completion of the last set of calories on a rower, athletes will go back to the 20 devil press and continue on for round 2. The athlete will continue in this fashion for 18 minutes accumulating as many reps as possible.

**The rower must be reset to zero for every set of calories. The athlete can be assisted with this.*

REQUIRED EQUIPMENT

Two (2) Dumbbells at the prescribed weight, Concept2 Rower, Box of appropriate height for the athlete's division., **24 inches = no less than 60.96 cm, 20 inches = no less than 50.80 cm**

If using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells, or other non-traditional dumbbells are not allowed.

The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms for the dumbbell;

50lb - 22.5kg / 35lb - 15kg / 20lb - 10kg

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the workout.

MOVEMENT STANDARDS



DEVIL PRESS

- Each rep begins with the athlete reaching a push-up position with the hands in the grip position on both dumbbells, the chest (below the collarbone and above the abdomen) and thighs making full contact with the ground, chest between the dumbbells.
- The dumbbells must be raised to an overhead position in one fluid movement.
- The athlete may choose to keep the dumbbells in between or outside of the legs.
- The rep is credited when the dumbbells are locked out overhead, with the hips, knees, and arms fully extended, 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 and will be a no-rep.
- Athletes may NOT wear gymnastics grips or straps during this workout.



ROW

- Athletes must use a Concept2 rower.
- The monitor on the rower must be set to zero at the beginning of each set of calories. The athlete can be assisted with this.
- The athlete must stay seated on the rower until the monitor reads the designated calories.
- If submitting via video, the monitor and calories must be CLEARLY shown to the camera following or during the row.
- Athletes may NOT wear gymnastics grips or straps during the row.

MOVEMENT STANDARDS (CONT.)



DOUBLE DUMBBELL BOX STEP OVERS

- Each rep of the double dumbbell box step-over begins with both feet on the ground with the dumbbells off the ground and not in contact with the box.
- The athlete may hold the dumbbells any style, including in the hang, on the shoulders, or overhead.
- From there, the athlete will step up and over the box, making contact with both feet on the top of the box.
 - Only the feet may touch the box during the repetition.
- There is no requirement to stand tall while on top of the box.
- Facing and lateral step overs are permitted.
- The rep will be counted when both of the athlete's feet touch the ground on the other side of the box, with the dumbbells in their possession.
- Athletes may rest the dumbbells on the ground or on top of the box between repetitions.
- Athletes may NOT wear gymnastics grips or straps during this workout.

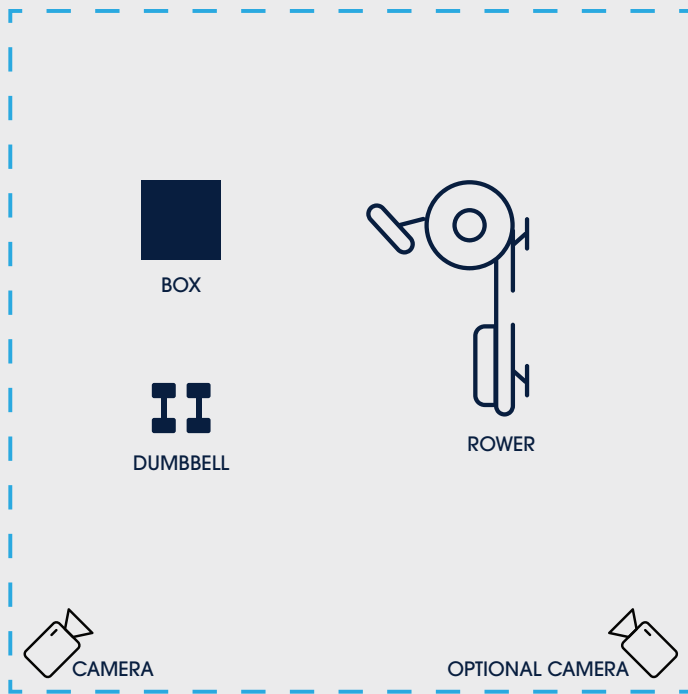


BOX JUMP OVERS

- Each box jump-over starts with the athlete on one side of the box and finishes with the athlete jumping over the box.
- Facing and lateral are permitted.
- Rebounding is permitted.
- A two-foot takeoff is always required, and only the athlete's feet may touch the box.
- After landing on the box, the athlete may jump or step off to the other side.
- There is no requirement to stand tall while on top of the box.
- Alternatively, the athlete may jump completely over the box.
- If jumping over the box, the feet must pass over the box, not around it, and the athlete must use a two-foot landing.

FILMING RECOMMENDATIONS

- The athlete must film ALL introductions of name, division, and workouts so the athlete can be seen and heard clearly.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer is recommended to be visible throughout the entire workout.
- Shoot the video so the athlete is always and fully in frame, and so that exercises can be seen clearly meeting the movement standards.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of video.





WORKOUT THREE SCORECARD



SCORES DUE OCTOBER 23RD @ 8PM ET

MEN ELITE, RX, INTERMEDIATE, OPEN, MASTERS RX

	RD 1	RD 2
20 DEVIL PRESS (50LB)	20	290
30 CALORIE ROW	50	320
40 DB BOX STEP OVERS (24IN)(50LB)	90	360
50 CALORIE ROW	140	410
60 BOX JUMP OVERS (24IN)	200	470
70 CALORIE ROW	270	540

TOTAL REPS COMPLETED	
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SCORES DUE OCTOBER 23RD @ 8PM ET

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____

SUBMIT
SCORE HERE





WORKOUT THREE SCORECARD



SCORES DUE OCTOBER 23RD @ 8PM ET

WOMEN ELITE, RX, INTERMEDIATE, OPEN, MASTERS RX

	RD 1	RD 2
20 DEVIL PRESS (35LB)	20	260
20 CALORIE ROW	40	280
40 DB BOX STEP OVERS (20IN)(35LB)	80	320
40 CALORIE ROW	120	360
60 BOX JUMP OVERS (20IN)	180	420
60 CALORIE ROW	240	480

TOTAL REPS COMPLETED	
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WORKOUT THREE SCORECARD



SCORES DUE OCTOBER 23RD @ 8PM ET

MEN **MODIFIED**

	RD 1	RD 2
20 DEVIL PRESS (35LB)	20	290
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40 DB BOX STEP OVERS (24IN)(35LB)	90	360
50 CALORIE ROW	140	410
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WORKOUT THREE SCORECARD



SCORES DUE OCTOBER 23RD @ 8PM ET

WOMEN **MODIFIED**

	RD 1	RD 2
20 DEVIL PRESS (20LB)	20	260
20 CALORIE ROW	40	280
40 DB BOX STEP OVERS (20IN)(20LB)	80	320
40 CALORIE ROW	120	360
60 BOX JUMP OVERS (20IN)	180	420
60 CALORIE ROW	240	480

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SCORE HERE





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SUBMISSION CHECKLIST

- For each athlete, Is your score correctly inputted in Competition Corner and did you submit it before the deadline of Monday, October 23rd @ 8 p.m. ET?
- Is your video playable, publicly viewable and free of copyright issues?
- Did you show or state your name, division and workout being performed, for this workout?
- Is a clock in the frame or on the recording app **CLEARLY** visible?
- Are your measurements/weights **CLEARLY** shown and stated in video?
- Are your movements **CLEARLY & VISIBLY** performed to standards as stated by WZA?
- Is your video clear of obstructions?
- Are you submitting the correct video for this specific workout?