

WORKOUT THREE

PRESENTED BY  United States
 Border Patrol

3 ROUNDS FOR TIME
7 DBL DUMBBELL DEVIL PRESS
12 DBL DUMBBELL THRUSTERS
50FT WALKING LUNGE
TIME CAP: 10 MINUTES

LOWER	UPPER	NEURO	SEATED	STANDING
<p>LOWER MINOR & LOWER 2 3 ROUNDS FOR TIME 7 Dbl DB Devil Press 12 Dbl DB Thrusters 14 Air Squats</p> <p>(45, 35lb) (20, 15kg)</p> <p>LOWER 1 3 ROUNDS FOR TIME 7 Dbl DB Devil Press 12 Dbl DB Thrusters 14 Squats to a 20' box</p> <p>(35, 25lb) (15, 12.5kg)</p>	<p>UPPER 1 & UPPER 2 3 ROUNDS FOR TIME 7 SA DB Devil Press 12 SA Dumbbell Thrusters 50ft Walking Lunge</p> <p>(50, 35lb) (22.5, 15kg)</p>	<p>ALL NEURO DIVISIONS 3 ROUNDS FOR TIME 7 Dbl DB Devil Press 12 Dbl DB Thrusters 50ft Walking Lunge</p> <p>NEURO MINOR (35, 25lb) (15, 12.5kg)</p> <p>NEURO MODERATE (30, 20lb) (12.5, 10kg)</p> <p>NEURO MAJOR (25, 15lb) (10, 7.5kg)</p>	<p>ALL SEATED DIVISIONS 3 ROUNDS FOR TIME 7 Dbl DB Ground to Overhead 12 Dbl DB Shoulder to Overhead 50ft Wheel (DBs on Lap)</p> <p>SEATED 1 (35, 25lb) (15, 12.5kg)</p> <p>SEATED 2 (40, 30lb) (17.5, 12.5kg)</p> <p>SEATED 3 (30, 20lb) (12.5, 10kg)</p>	<p>ALL STANDING DIVISIONS 3 ROUNDS FOR TIME 7 Dbl DB Devil Press 12 Dbl DB Thrusters 50ft Walking Lunge</p> <p>STANDING DIAGNOSED (50, 35lb) (22.5, 15kg)</p> <p>VISION (40, 30lb) (17.5, 12.5kg)</p> <p>SHORT STATURE & INTELLECTUAL W/O CC (35, 25lb) (15, 12.5kg)</p> <p>INTELLECTUAL W/ CC (30, 20lb) (12.5, 10kg)</p>

WORKOUT FLOW

- Before starting, stand tall with your back to the dumbbells.
- At “go”, you have 10 minutes to complete 3 rounds of:
 - 7 Double Dumbbell Devils Press/SA Devils Press/Double DB GTOH, 12 Double Dumbbell Thrusters/SA DB Thrusters/SA STOH, and a Walking Lunge (25ft down & 25ft back)/Air Squat/Wheel distance.
 - 50ft = 15.24m
 - 25ft = 7.62m
 - 5ft = 1.52m

NOTES

- Athletes may receive assistance with their equipment.
- The 25-foot lunge section must clearly show taped 5-foot sections.
- Each 5ft lunge is one (1) rep.
- Gymnastics grips are NOT permitted.

SCORE

The time it takes to complete 3 rounds within the time cap

- If time is capped, the score will be the total reps completed in 10 minutes.
 - 1 Devils Press = 1 Rep
 - 1 Thruster = 1 Rep
 - 50ft / 15.24m = 10 Reps
 - 25ft / 7.62m = 5 Reps
 - 5ft / 1.5m Lunge = 1 Rep

EXAMPLES

- Athlete completes 3 rounds in 8:58.
 - Submit score of 8:58.
- Athlete is time-capped & completed 2 rounds, 7 Dbl DB thrusters, 12 Dbl DB thrusters, and 35ft of Dbl DB lunges.
 - Select “did not finish workout” & submit a score of 84 reps completed.

TIEBREAK

The time of completion of each round.

MOVEMENT STANDARDS

DOUBLE DUMBBELL DEVILS PRESS

- The rep begins with the athlete on the ground 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 rep is completed and credited when dumbbells are locked out overhead, with hips, knees, and arms fully extended, both dumbbells directly over or slightly behind the middle of the body.
- The dumbbells must be raised to an overhead position in one fluid movement.
- The athlete may choose to keep the dumbbells between or outside of the legs.
- Hands must remain in contact with the dumbbells throughout the 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.

DOUBLE DUMBBELL THRUSTERS

- The rep begins with the DBs held in the front rack position.
 - The “front rack” position is one head of each DB touching the shoulders of the body, with the elbows clearly in front of the body.
- The rep is completed and credited when the dumbbells are locked out overhead, with the hips, knees, and arms clearly extended and both dumbbells clearly directly over or slightly behind the middle of the body.
- Must move from the bottom of the front squat to full lockout overhead in one fluid movement
- The crease of the athlete’s hip must clearly pass below the top of the athlete’s knees in the bottom position.
- A thruster jerk is not allowed. An athlete deliberately re-dipping their knees under the DBs is NOT permitted. However, athletes stabilizing by moving their feet is permitted.
- A full squat clean into the thruster is allowed when the dumbbells are taken from the floor.

WALKING LUNGE

- The rep begins with the athlete standing tall with the hips and knees clearly locked out, and the feet behind the designated line.
- The rep is completed and credited when the athlete gets both heels clearly past a marked 5-foot line, standing tall with hips and knees fully extended.
- At the bottom of the lunge, the trailing knee must touch the ground
- Stopping with both feet together on the ground is not required, but the knees and hips must clearly reach full extension before initiating the next rep.
- Shuffle steps that progress forward between steps are NOT permitted.
- A no rep on any portion of the lunge will result in the athlete moving back to the last completed 5-foot section.

AIR SQUATS

- The rep begins with the athlete standing tall with knees and hips extended..
- The rep ends and is credited when the hips and knees are clearly extended with the athlete standing tall.
- During the movement, the crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position. Or with the hips making contact with the 20" box if using a box to squat parallel. Feet remain on the floor.

SINGLE ARM DEVILS PRESS

- The rep begins with the athlete reaching a push-up position with the hand in the grip position of the dumbbell, the chest (below the collarbone and above the abdomen), and thighs making full contact with the ground
- The rep ends & is credited when the dumbbell is locked out overhead, with the hips, knees, and arms fully extended, the dumbbell directly over or slightly behind the middle of the body.
- The dumbbell must be raised to an overhead position in one fluid movement.
- The athlete may choose to keep the dumbbell between or outside of the legs.
- The hand must remain in contact with the dumbbell throughout the entire movement, including the burpee.
- Athletes can choose any arm and/or there is no standard for alternating.
- 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 use gymnastics grips or straps during this movement
 - Turning them around is permitted

SINGLE ARM DUMBBELL THRUSTER

- The rep begins with the DB held in the front rack position.
- The "front rack" position is with one head of each DB touching the shoulder of the body, with the elbow clearly in front of the body.
- The rep is completed and credited when the dumbbell is locked out overhead, with the hips, knees, and arm clearly extended, and the dumbbell is directly over or slightly behind the middle of the body.
- During the movement, the athlete must move from the bottom of a front squat to full lockout overhead in one fluid movement
 - The crease of the athlete's hip must clearly pass below the top of the athlete's knees in the bottom position.
 - A thruster jerk is not allowed. An athlete deliberately re-dipping their knees under the DBs is NOT permitted. However, an athlete stabilizing by moving their feet is permitted.
- A full squat clean into the thruster is allowed when the dumbbells are taken from the floor.

DOUBLE DUMBBELL WHEEL

- The rep begins with the DBs secured on the athlete's lap.
- Athletes will start with casters behind the start line.
- Athletes will then move the prescribed distance.
- Rep is credited when the athlete and chair fully cross the line.
- SEATED 3 ONLY - Single DB on the lap.

DOUBLE DUMBBELL GROUND TO OVERHEAD (GTOH)

- Rep begins with DBs on the floor, either side of the chair.
- Athletes will be seated securely in the chair.
- Athletes will take grip of the DBs and move from the ground to overhead. DBs may be lifted to the lap and may be pressed from the chest.
- The dumbbells must be raised to an overhead position in one fluid movement.
 - Hands must remain in contact with the dumbbells throughout the entire movement.
- Rep is credited when the DBs are above the head, elbows fully locked out and secure.
- *SEATED 3 ONLY* - Single DB, do not have to alternate

DOUBLE DUMBBELL SHOULDER TO OVERHEAD (STOH)

- The rep begins with the DBs held in the front rack position.
 - The “front rack” position is one head of each DB touching the shoulders of the body, with the elbows clearly in front of the body.
- The rep is completed and credited when the dumbbells are locked out overhead, shoulders over hips, and in a stable, secure position.
- *SEATED 3 ONLY* - Single DB, do not have to alternate

EQUIPMENT

- Floor space (25ft / 7.62m)
- Tape to mark the floor
- Dumbbells of appropriate weight for the athletes' division.*

If using an adjustable dumbbell, the largest plates allowed are standard-sized 10-lb (5-kg) metal change plates (9 inches in diameter). In addition, when the dumbbell is at rest, the top of the handle cannot be less than 2.5 inches off the ground. 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 DUMBBELLS ARE PROVIDED.**

Athletes using any piece of equipment measured in kilograms must use the following conversion chart for each piece BEFORE the weight is totaled. This includes athletes using a barbell measured in kilograms with plates measured in pounds. The official weight must be recorded in pounds.

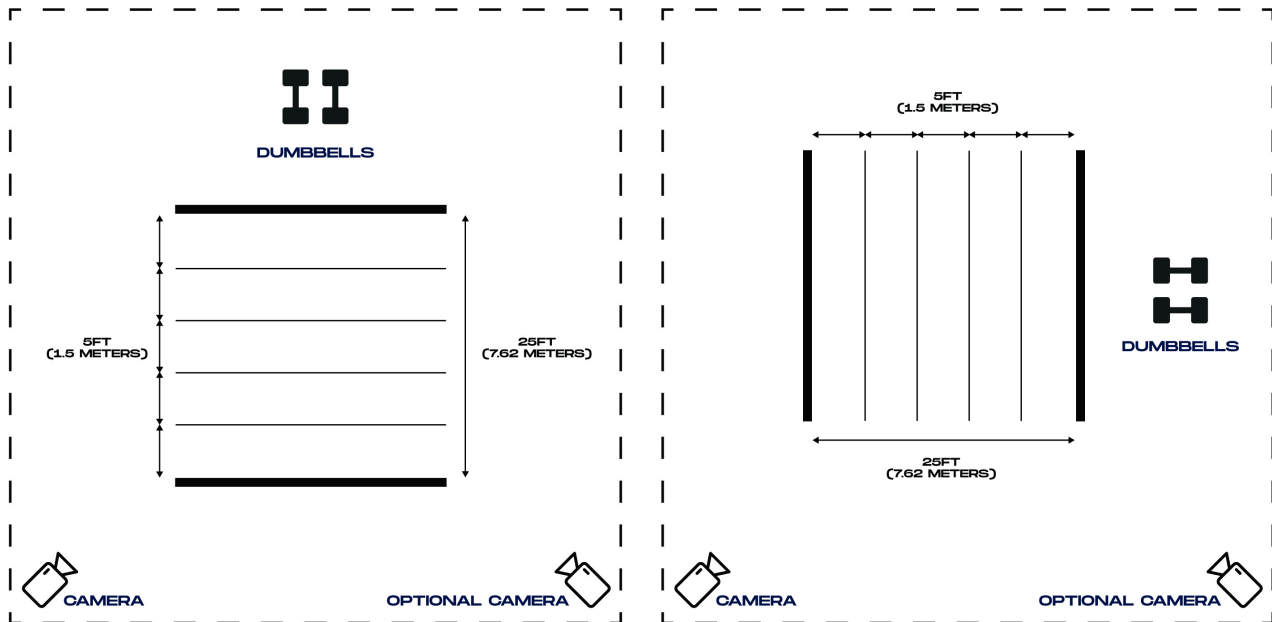
KILOGRAMS (KG)	5	7.5	10	12.5	15	17.5	22.5
POUNDS (LB)	10	15	20	25	35	40	50

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.

FILMING STANDARDS

- Film ALL introductions of name, division, and workouts so the athlete can be seen and/or heard clearly.
- Film ALL competition area measurements so the distances and/or heights can be seen clearly.
- Film ALL equipment so the loads and/or heights can be seen clearly.
- Videos must be uncut and unedited to display the performance accurately.
- A clock or timer is required to be visible throughout the entire workout.
- Shoot the video so all exercises can be seen clearly, meeting the movement standards.
- Videos shot with a fisheye lens or a similar lens may be rejected.
- Failure to follow any of the video standards is subject to penalty and/or invalidation of the video
- **Video submission is required for athletes seeking to earn a spot via qualification. However, video submission is not required for athletes looking to earn a spot in Open Registration.**



UPPER / NEURO / SEATED / STANDING

	7 DB DEVILS PRESS / GTOH	12 DB THRUSTERS /STOH	50 FT WALKING LUNGE / WHEEL DISTANCE (MIN. 5 FT)										TIE BREAK TIME
R1	7	19	20	21	22	23	24	25	26	27	28	29	
R2	36	48	49	50	51	52	53	54	55	56	57	58	
R3	65	77	78	79	80	81	82	83	84	85	86	87	
			TIME TO COMPLETE										

SCORES DUE MON, OCT 13 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME

ATHLETE SIGNATURE

JUDGE NAME

LOWER

	7 DB DEVILS PRESS	12 DB THRUSTERS	14 SQUATS	TIE BREAK TIME
R1	7	19	26	
R2	33	45	59	
R3	66	78	92	
			TIME TO COMPLETE	

SCORES DUE MON, OCT 20 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME **ATHLETE SIGNATURE**

JUDGE NAME

SUBMISSION CHECKLIST

- Is your score correctly inputted in Competition Corner?
- Did you submit your score before **Monday, October 20th @ 8:00pm ET?**
- Is your video playable, publicly viewable, and free of copyright issues?
- Did you show/state your name, division & workout being performed?
- Is a clock in the frame or on the recording app **CLEARLY** visible?
- Are your measurements/weights **CLEARLY** shown and stated in the 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?