

WORKOUT THREE

PRESENTED BY  United States
 Border Patrol

3 ROUNDS FOR TIME

7 DOUBLE DUMBBELL DEVIL PRESS

12 DOUBLE DUMBBELL THRUSTERS

50FT DOUBLE DUMBBELL FRONT RACK LUNGE

TIME CAP: 10 MINUTES

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

**INTERMEDIATE/
OPEN, 16-18,
45-49**

**13-15, 50-54,
55+**

MODIFIED

3 ROUNDS FOR TIME

7 Db1 DB Devil Press
 12 Db1 DB Thrusters
 50ft Db1 DB Front Rack Lunge

(50, 35lb)
 (22.5, 15kg)

3 ROUNDS FOR TIME

7 Db1 DB Devil Press
 12 Db1 Dumbbell Thrusters
 50ft Db1 DB Front Rack Lunge

(40, 25lb)
 (17.5, 12.5kg)

3 ROUNDS FOR TIME

7 Db1 DB Devil Press
 12 Db1 DB Thrusters
 50ft Db1 DB Front Rack Lunge

(35, 20lb)
 (15, 10kg)

3 ROUNDS FOR TIME

7 Db1 DB Devil Press
 12 Db1 DB Thrusters
 50ft Db1 DB Front Rack Lunge

(20, 10lb)
 (10, 5kg)

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, 12 Double Dumbbell Thrusters, and a 50ft Double Dumbbell Front Rack Lunge (25ft down & 25ft back).
 - 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.
- During the movement:
 - 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 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.

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.
- During the movement:
 - 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.

DOUBLE DUMBBELL DUMBBELL FRONT RACK LUNGE

- The rep begins with the DBs in the front rack position, the athlete standing tall with the hips and knees clearly locked out, and the feet behind the designated line.
 - 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.
 - Athletes can get the DB to the front rack in any fashion.
- The rep is completed and credited when both heels clearly pass a marked 5-foot line, with the DB in the front rack position and standing tall with hips and knees fully extended.
- During the movement:
 - At the bottom of the lunge, the trailing knee must touch the ground with the DB in the designated position.
 - 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.
 - DBs must remain in the front rack position at the start, during, and finish of each lunge.
- A no rep on any portion of the lunge will result in the athlete moving back to the last completed 5-foot section.

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.

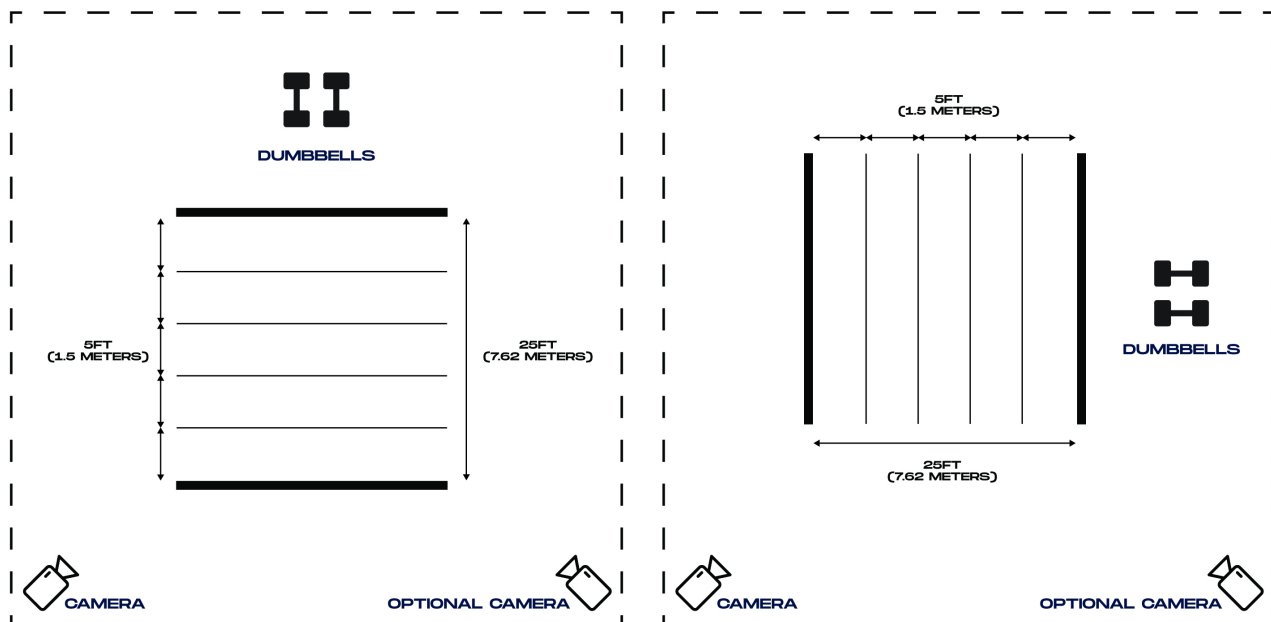
KILOGRAMS (KG)	5	7.5	10	12.5	15	17.5	22.5
POUNDS (LB)	10	15	20	25	35	40	50

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.***



ALL DIVISIONS

	7 DB DEVILS PRESS	12 DB THRUSTERS	50 FT DB FRONT RACK LUNGE (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 20 @ 8:00PM ET VIA COMPETITION CORNER

ATHLETE NAME

ATHLETE SIGNATURE

SCAN TO SUBMIT YOUR SCORE

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?