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Day 2 - Morning WORKOUT #2 "Diane & Die"

"Diane & Die"

Part A)

0:00-6:00:

21-15-9

Deadlift

Handstand Push Ups

WEIGHTS/MOVEMENTS PER DIVISION

RX: 205 lbs/145 lbs

SCALED: 155 lbs/105lbs, Hand Release Push Ups

RX MASTERS (50+): 155 lbs/105lbs, , Hand Release Push Ups

SCALED MASTERS (50+) - 115lbs/75lbs, Hand Release Push Ups

Part B)

6:00 - 12:00:

Establish a 1 Rep Max Clean

WORKOUT FLOW

This workout begins with the athlete standing on the starting mat. At the call of 3,2,1, GO!... The athlete will move to the barbell and complete 21 Deadlifts. Once the deadlifts are complete, the athlete will move to the rig to perform 21 Handstand Push Ups for the RX Division. For all other divisions, once the deadlifts are complete the athlete will move to the rig and perform 21 Hand Release Push Ups behind the Pull Up Bar. Once the Push Ups (Handstand/Hand Release) are complete, the athlete will move back to the barbell to perform 15 Deadlifts. Once complete, the athlete will move back to the rig to perform 15 Push Ups (Handstand/Hand Release). Once the Push Ups (Handstand/Hand Release) are complete, the athlete will move back to the barbell to perform the last set of 9 Deadlifts. Once complete the athlete will move back to the rig to perform the last set of 9 Push Ups (Handstand/Hand Release).



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If the athlete completes the work in the 6:00 time frame, a time will be given for Part A. If an athlete does not complete the work within the 6:00 time frame, every rep not completed will add :01 to the 6:00 timeframe to provide the athlete with a timed score for Part A.

If an athlete completes the work under the 6:00 time frame, the athlete must wait until the 6:00 mark to begin Part B. No athlete will begin Part B before the 6:00 time. If an athlete uses the full 6:00 time frame, that athlete must stop where they are and begin Part B. Before Part B begins, athletes are required to move the barbell forward to the designated lifting area. If you complete Part A under the 6:00 time frame, athletes may roll the bar forward upon completion of Part A and begin to load their barbell at their opening weight. Once you have moved your barbell and preloaded the barbell, you **MUST** wait until the 6:00 timeframe hits to start your first attempt. Any lift performed before the 6:00 timeframe will not be counted.

Once the 6:00 timeframe hits, each athlete will have until the 12:00 to establish a 1 Rep Max Clean. The heaviest completed Clean will be the score given to the athlete.

This is a 2 scored event. Score 1 will be the time to complete Part A. Score 2 will be the heaviest weight completed.

GENERAL/EQUIPMENT STANDARDS

- The barbell for Part B can be preloaded for the first attempt.
- Barbell clips must be used for both Part A & B.
- Each athlete **MUST** declare the weight being attempted for Part B.
- Fractional plates will **NOT** be used for Part B.
- The Clean for Part B must be locked out and finished within the 12:00 timeframe. This means, the Clean must be completed and athlete returned to a fully controlled locked out standing position at 11:59 or earlier.
- The bar + athlete must be within the lifting lane/lines during the entire lift. If any part of the barbell and/or athlete crosses any part of the lifting lanes/lines, the lift will be considered over and no score will be awarded for that round.
- The athlete is responsible for changing their own weights. The Judges or Volunteers will provide **NO** assistance to change weights.



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- All remaining weights left on the floor must be in front of the lifting area and within your own lane. A tape line will be marked out where you should have the weights placed if not being used. If any weight is left on the floor in another lane or in the lifting area, you must place everything back before you lift. If any weights are left in the lifting area as you perform your lift, the lift will not count.
- Athletes may NOT wear gymnastics grips or weightlifting straps during this event.
- THERE WILL BE NO ASSISTANCE FROM THE JUDGES UNLESS SAFETY IS A CONCERN.

MOVEMENT STANDARDS

DEADLIFTS (ALL DIVISIONS)

The barbell starts on the ground. The athlete's hands must be outside the knees. Sumo deadlifts are not allowed. The rep is credited when the athlete's hips and knees reach full extension and the athlete's head and shoulders are behind the bar. Receiving any assistance with the barbell is not permitted unless safety is an immediate concern. Athletes may NOT wear gymnastics grips during this workout. Arms MUST stay straight during the entire lift, deliberately bending the arms to bounce the bar off the ground during touch and go reps is NOT permitted and will count as a no rep.

HANDSTAND PUSH UP (RX DIVISION)

The area for handstand push-ups will measure 40 in (102 cm) wide and 24 in (60 cm) deep. The arms must be fully extended and in line with the body before the athlete can descend. Each rep begins and ends with the athlete in the lockout position with their heels against the wall, arms fully extended, and shoulders in line with the body. The hands must remain inside the 40-by-24-in (102-by-60-cm) box. If any part of the hand, including any part of the fingers, touches the tape line at any time, the repetition will not count. The athlete will need to start again from the lockout position. At the bottom, the athlete's head must make contact with the ground. The feet do not need to remain in contact with the wall for the duration of the movement, but the feet must return to the wall at the beginning and end of each rep. Kipping IS allowed. The rep is credited when the athlete returns to the lockout position with the heels on the wall; arms, hips, and legs fully extended; and shoulders in line with the body. The feet may be no wider than the width of the hands at lockout.



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HAND RELEASE PUSH UPS (SCALED & MASTER DIVISIONS)

In the starting position, the elbows must be locked out with the feet no wider than shoulder width. A straight body position must be maintained throughout the push-up. No snaking, sagging, or pushing up from the knees. The chest (nipple line or above) must touch the floor. Then the hands must be lifted completely off the ground. The rep is credited upon return to the starting position.

CLEANS (ALL DIVISIONS)

The barbell must be fully rested on the ground before the athlete makes an attempt. Power cleans, squat cleans, and split cleans are permitted. Hang cleans are not allowed. If the athlete's knee touches the floor during the attempt, the rep will not count. The rep is credited when the athlete's hips and knees reach full extension and the bar is supported in the front-rack position.

Day 2 - Afternoon

WORKOUT #3 "The Devil is in the Details"

"The Devil is in the Details"

12 AMRAP:

8 Alternating Single Dumbbell Devil's Press

8 Shuttle Runs (~50ft.)

16 Single Dumbbell Goblet Squats

8 Shuttle Runs

16 Alternating Single Dumbbell Cleans

8 Shuttle Runs

WEIGHTS PER DIVISION

RX: 50lbs/35lbs

SCALED: 35lbs/25lbs

RX MASTERS (50+): 35lbs/25lbs

SCALED MASTERS (50+) - 35lbs/25lbs

WORKOUT FLOW



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This workout begins with the athlete standing on the starting mat. At the call of 3,2,1, GO!... The athlete will move to the dumbbell and perform 8 Alternating Single Dumbbell Devil's Press. Once complete, the athlete will place the dumbbell back on the ground, move to the shuttle run area and complete 8 Shuttle Runs. Once the Shuttle Runs are complete, the athlete will move back to the dumbbell to perform 16 Single Dumbbell Goblet Squats. Once the Goblet Squats are complete, the athlete will perform another 8 Shuttle Runs. Once the Shuttle Runs are complete, the athlete will move back to the dumbbell and perform 16 Alternating Single Dumbbell Cleans. Once complete, the athlete will perform another 8 Shuttle Runs. This format will continue until the 12 minute AMRAP is complete.

The score is the TOTAL completed at the end of the 12 minute AMRAP.

GENERAL/EQUIPMENT STANDARDS

- The dumbbell MUST be in the designated area at all times during all of the dumbbell work. If the dumbbell moves from the area, the athlete is responsible for placing it back. Any reps completed outside of the designated area will not be counted.
- One Shuttle Run Rep is "there and back" for a total of 50 ft per rep. One way is only 25ft.
- The reps for the Devil's Press and Cleans MUST be alternating.
- For the Goblet Squats, only one head of the dumbbell must be held and remain at chest level underneath the chin.
- The Cleans must touch the ground each rep and only one head of the dumbbell is required to touch the floor. The Dumbbell MUST touch the ground between the legs.

MOVEMENT STANDARDS

ALTERNATING SINGLE DUMBBELL DEVIL'S PRESS (ALL DIVISIONS)

Athletes will start each repetition with the dumbbell on the ground. Then, with one of the athlete's hands on the dumbbell and the other hand on the floor, they'll perform a burpee, with the chest making contact with the floor. From here, the athlete will jump to their feet, never taking their hands from the dumbbell and floor. Next, the athlete shall snatch or swing the



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dumbbell from the floor, and finish the rep with the arm holding the dumbbell fully locked out overhead, with hips, knees, shoulders, and arms at full extension. This shall indicate a completed repetition. The athlete may “swing” the dumbbell between their legs to help to build momentum to get them overhead, but the athlete may NOT pause at the shoulders and press the dumbbell. On the next rep, the athlete MUST change which arm performs the next Devil’s Press for the reps to be completed as alternating. The athlete may NOT drop the dumbbell at any point of the lift unless safety is a concern. If the athlete deliberately drops the dumbbell, a minus 10 rep penalty will be given on the final score.

SHUTTLE RUNS (ALL DIVISIONS)

Each rep of the shuttle run = 50ft (15.24 m). 25ft (7.62 m) down + 25ft (7.62 m) back. Each rep starts with the feet clearly behind the start line. At each turnaround, both feet and one hand must touch the ground over the line before the athlete may return. Stepping on or touching the line will not count. One repetition of the shuttle run = 50 ft. If the athlete is time-capped on the shuttle run and does not complete the full 50 ft, the repetition will not count. - There is no partial credit for completing 25 ft of the shuttle-run repetition.

SINGLE DUMBBELL GOBLET SQUATS (ALL DIVISIONS)

The rep begins from the top, with knees and hips extended and the dumbbell in a Goblet Hold Position. For the Goblet Hold Position, only one head of the dumbbell MUST be held and remain at chest level underneath the chin. The dumbbell must be held in this position for the reps to count. At the bottom of the squat, the hip crease must pass below the knees. At the top, the hips and knees must be fully extended. The elbows cannot contact any part of the legs during any part of the squat.

ALTERNATING SINGLE DUMBBELL CLEANS (ALL DIVISIONS)

The Single Dumbbell Clean starts with both heads of the dumbbell on the ground. The athlete must lift the dumbbell to the shoulder in one motion. Touch-and-go is permitted. If touch-and-go reps are being completed, when touching the dumbbell back to the floor, one one head of the dumbbell is required to touch the ground. Bouncing the dumbbell is not allowed. If at any point the athlete needs a break or the set needs to be broken, the rep next rep must start with both heads of the dumbbell on the floor. Athletes must alternate arms after each repetition. The athlete may not use the non-lifting hand or arm to assist by making contact with the legs or other parts of the body during the repetition. The athlete may perform a muscle clean, power clean, squat clean or split clean, so long as the dumbbell



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comes up and makes contact with the shoulder. The rep is credited when the athlete's hips and knees reach full extension and the dumbbell is supported on the shoulder in the front-rack position. The elbow must pass the body's frontal plane for the rep to count.