



WOD BB19.1

BEACH BREAK 2K19 - ONLINE QUALIFIER

From Monday 6th May 2019 (0h00)

To Monday 13th May 2019 (23h59)

Presented by :



WORKOUT 19.1 - Individual

For Time (time cap 12 min)

21-15-9

Devils Press

Calories Row

VARIATIONS

RX'd:

Men Dumbbells 22,5kg (50 lb)

Women Dumbbells 15kg (33 lb)

Scaled:

Men Dumbbells 15kg (33 lb)

Women Dumbbells 10kg (22 lb)

Masters 35+: (Ages 35-45)

Men Dumbbells 22,5kg (50 lb)

Women Dumbbells 10kg (22 lb)

Masters 45+: (Ages 45 and more)

Men Dumbbells 15kg (33 lb)

Women Dumbbells 10kg (22 lb)

NOTES

The workout begins with the dumbbell on the ground and athlete standing tall. After the call of "3, 2, 1 ... go," the athlete will pick up the dumbbell and perform Devils Press. After 21 reps are complete, the athlete will move to the rower and pull 21 calories. The monitor must read 21 calories before the athlete can unstrap and move back to the Devils Press for the next round. For calories to the rower, the monitor must be reset before each round.

The athlete's score will be the total number of repetitions completed within the 12 minute time cap. Each calorie completed on the row will be equal to 1 rep.

There is no tiebreak for this workout.

EQUIPMENT

- Dumbbells of appropriate weight for your division
- Concept2 rower

The official weight is kilograms. For your convenience, the minimum acceptable weights in are in pounds 22,5kg (50 lb) ; 15kg (33 lb) ; 10kg (22 lb).

If the athlete does not have the equipment in the specified weight (kg/lb) he will have to use the higher weight in his possession (35lb, 135lb, 225lb....)

For each workout, be sure the athlete has adequate space to safely complete all the movements. Clear the area of all extra equipment, people or other obstructions. Any athlete who in any way alters the equipment or movements described in this document or shown in the workout video may be disqualified from the competition.

VIDEO SUBMISSION STANDARDS

All video submissions should be uncut and unedited in order to accurately display the performance.

Prior to starting the workout, clearly show the weight of the dumbbells. Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. The monitor of the rower should also be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Be careful when recording your video, music can block the loading on Internet. You can use the platform of our partner <http://wodproofapp.com/>



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SCORSCARD (ALL)

WORKOUT 19.1 - Individual

For Time (time cap 12 min)

21-15-9

Devils Press

Calories Row

VARIATIONS

RX'd:

Men Dumbbells 22,5kg (50 lb)

Women Dumbbells 15kg (33 lb)

Scaled:

Men Dumbbells 15kg (33 lb)

Women Dumbbells 10kg (22 lb)

Masters 35+: (Ages 35-45)

Men Dumbbells 22,5kg (50 lb)

Women Dumbbells 10kg (22 lb)

Masters 45+: (Ages 45 and more)

Men Dumbbells 15kg (33 lb)

Women Dumbbells 10kg (22 lb)

ROUND	Devils Press	Cal Row	
Round 1 (21 rep)	21	21	42
Round 2 (15 rep)	15	15	72
Round 3 (9 rep)	9	9	90

Total Reps _____

Time cap of 12 minutes and if the athlete does not finish the WOD he marks his number of repetitions.

DIVISION

Athlete Name

Athlete Signature

Judge Name

Judge Signature

RX	SCALED	TEAM H/F	MASTERS [35+]	MASTERS [45+]



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MOVEMENT STANDARDS

DEVILS PRESS

The Devil Press is a movement featuring two dumbbells of the same weight, and is essentially a combination of a dumbbell burpee, and a double dumbbell snatch.

Athletes will start each repetition with the dumbbells on the ground. Then, with the athlete's hands on the dumbbell, they'll perform a burpee, with chest making contact with the floor. From here, the athlete will jump to their feet, never taking their hands from the dumbbells. Next, the athlete shall snatch or swing both dumbbells from the floor simultaneously, and finish with both locked out overhead, with hips, knees, shoulders, and arms at full extension. This shall indicate a completed repetition.

Please note, the athlete may "swing" the dumbbells between their legs to help to build momentum to get them overhead. The athlete can transition through the shoulders as it is a double dumbbell ground-to-overhead.





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CALORIES ROW

The monitor on the rower must be set to zero at the beginning of each row. The athlete may have assistance resetting the monitor. The athlete must stay seated on the rower until the monitor reads 21 calories for the first round, 15 calories for the second round and 9 calories for the last round.

