



## Grand Mesa CrossFit Barcode 2023

### Ski with the Devil

5:00 for the team to accumulate as many reps as possible of

Max calories on the ski erg  
-and-  
Max Double Dumbbell Devils press

*Male Dumbbells: 50 lbs*  
*Female Dumbbells: 35 lbs*

### Variations

#### Intermediate

*Male Dumbbells: 35 lbs*  
*Female Dumbbells: 25 lbs*

#### Scaled

*Male Dumbbells: 25 lbs*  
*Female Dumbbells: 15 lbs*

### Workout Flow

Athletes will start standing behind the dumbbells. After "3,2,1... Go" one athlete will begin skiing while the other athlete begins doing Double Dumbbell devil's press. Athletes may switch movements at any time. Work continues until the clock reads 5:00.

There are two separate scores for this workout.

1. Calories skied in 5:00.
2. Number of Devil's press completed in 5:00.

### Movement Standards

#### Calorie Ski Erg

- The Ski Erg Screen will start at 0.
- Hands will remain off of the handles until after 3,2,1.. Go.
- You cannot hand the handles to your partner.
- Your feet must remain on the platform of the ski erg.

#### Double Dumbbell Devil's Press

- Dumbbells will begin on the ground.
- Athletes will begin standing tall behind the dumbbells.

- The athlete's will then put their hands on the handles of the dumbbells. Hands must remain on the handles of the dumbbells throughout the entire movement.
- Athlete will lower their body to the ground.
- Chest and thighs must come in contact with the ground.
- The chest of the athlete will be between the dumbbells.
- Chest contacting the dumbbells and NOT the ground will result in a **NO REP.**
- Athletes may step or jump their feet in from the bottom of the movement.
- Dumbbells must move in one fluid motion from the ground to overhead.
- A deadlift to hang snatch will result in a **NO REP.**
- A Clean and Jerk will result in a **NO REP.**
- **DUMBBELLS WILL BE GUIDED BACK TO THE GROUND TO FINISH THE REP.**
- **DROPPING THE DUMBBELLS FROM ANY HEIGHT WILL RESULT IN A NO REP AND START THE COUNT OF DEVILS PRESS BACK TO ZERO!**