



LIVE STAGE “D***BELLS”



Rx

For Time (cap 13:00):

- 25' Unbroken Regional Lunge
- 75 Dbl DB Hang Clean & Jerks
- 2x25' Unbroken Regional Lunge
- 50 Dbl DB Box Step Ups
- 2x25' Unbroken Regional Lunge
- 25 Dbl DB Devil's Press
- 25' Unbroken Regional Lunge

* 2x50/35 for all movements.

** Rx athletes must perform Regional Lunges in unbroken 25' segments.

Intermediate, Scaled*

For Time (cap 13:00):

- 25' Regional Lunge (5' segments)
- 75 DB Hang Clean & Jerks
- 50' Regional Lunge (5' segments)
- 50 DB Box Step Ups
- 50' Regional Lunge (5' segments)
- 25 DB Devil's Press
- 25' Regional Lunge (5' segments)

* Intermediate: 2x50/35 Lunges, 1x50/35 other movements

** Scaled: 2x35/20 Lunges, 1x35/20 other movements

***Intermediate and Scaled athletes have 5' minimum segments for lunges.

NOTES

The workout will begin with a clock set to count upwards from 0:00 to 13:00. At 3-2-1-GO, teams will begin the chipper style workout.

With one athlete working at a time, teams will move through the movements in the order listed, completing the entire number of listed repetitions prior to beginning the next movement. Teams may split the repetitions between athletes in any way they see fit. Athletes will continue working until the team has completed the 180 repetitions or the clock has reached the time cap of 13 minutes. Lunges are scored as 1 repetition per 5' travelled.

Rx teams will use two dumbbells for all the movements in the workout. Intermediate and Scaled teams will use two dumbbells for the Regional Lunges and a single dumbbell for all other movements.

A team's score will be the time to complete the 180 repetitions. Teams that do not complete all 180 repetitions at the time cap will receive a score of the total number of repetitions completed.

There is no tiebreak in this workout.

EQUIPMENT

- Two dumbbells, weight according to division
- 20"x24"x30" Plyo Box

MOVEMENT STANDARDS

REGIONAL LUNGE

- The Regional Lunge is a combination of a Dumbbell Overhead Walking Lunge and a Dumbbell Front Rack Walking Lunge.
- The Regional Lunge position will have one dumbbell locked out overhead and the other dumbbell held in the front rack position with one head touching the athlete's shoulder.
- Athletes may choose to assume the Regional Lunge position with either right or left dumbbell overhead and the other in front rack. There is no specification as to minimum work per side.
- Each lunge will begin with the Regional Lunge position assumed, feet together, and the athlete standing tall.
- As the athlete steps forward into the lunge, the trailing knee must make contact with the ground at the bottom of each lunge.
- The lunge ends with the dumbbells still held in the Regional Lunge position and the athlete standing tall with hips and knees extended. Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
- The athlete must alternate which foot leads.
- If the weight is dropped or leaves the Regional Lunge position at any time, Rx athletes must restart from the last 25' segment completed. Intermediate and Scaled athletes must restart from the last 5' segment completed.

DUMBBELL HANG CLEAN & JERKS

- **Rx teams will use two dumbbells for this movement.**
- After the dumbbell is lifted from the floor, the athlete must pause while standing at full extension before beginning their repetitions.
- Repetitions may begin with the dumbbell at the athlete's side or between the legs.
- The athlete may perform a muscle clean, power clean, squat clean, or split clean.
- The dumbbell must make contact with the shoulder before being lifted overhead.
- Once at the shoulder, the athlete may get the dumbbell overhead any way he or she chooses.
- The non-working hand (for single DB repetitions) may not come into contact with the body or the dumbbell while the dumbbell is being lifted.
- The rep is credited when the dumbbell is locked out overhead, with the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile.
- If a Split Jerk is performed, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead.

DUMBBELL BOX STEP UPS

- **Rx teams will use two dumbbells for this movement.**
- The athlete starts with both feet on the ground, facing the box.
- With the dumbbell supported in any position but not resting on the leg, the athlete must step up onto the top of the box.
- The athlete must step onto the box along the flat edge of the box, not at the corner. The athlete's feet may not be swung around the edge of the box during the step up.
- Only the athlete's feet may make contact with the box.
- If the athlete is holding the dumbbell with one hand, the free hand may not push into the legs during the step up.
- The rep is credited when both the athlete's feet are on top of the box and the hips and knees are fully extended.
- Athletes must alternate legs with each repetition.

DEVILS PRESS

- **Rx teams will use two dumbbells for this movement.**
- The Devil's Press is most easily defined as a Burpee followed by a DB Ground-to-Overhead.
- The movement begins with the athlete performing a Burpee with their hand on the dumbbell.
- The athlete may step up or jump up out of the bottom position of the Burpee.
- Upon standing, and without removing their hand from the dumbbell, the athlete will perform a Ground-to-Overhead repetition.
- The dumbbell can be raised to the overhead position utilizing any movement, including but not limited to Power Snatch, Power Clean and Jerk, etc.
- The rep is credited when the dumbbell is locked out overhead, with the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile.
- If a Split Jerk is performed, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead.

SCORECARD – “SQUATTY PARTY”

Division: _____

Team Number: _____

25' Regional Lunge	5
75 DB Hang Clean & Jerks	80
50' Regional Lunge	90
50 Db Box Step Ups	140
50' Regional Lunge	150
25 Devil's Press	175
25' Regional Lunge	180

SCORE:

Time to complete 180 repetitions

(or number of repetitions completed at time cap)

Judge Name: _____

Athlete Signature: _____