



## Presented by CrossFit SBC

· Saturday & Sunday, APR 30th & May 1st 2022

· Shreveport Convention Center

· Shreveport, LA

### DEVIL IN THE DETAILS

**For Time: Divided any way**

- 300' Single dumbbell overhead walking alternating lunges (in minimum 10' increments)
- 50 Single arm dumbbell devil's press
- 90 Box Jump Overs

### DIVISION VARIATIONS

- Elite (#70/50, 24"/20")
- RX and Masters 40-49 (#50/35, 24"/20")
- Intermediate (#35/25, 24"/20")
- Scaled and Masters 50+ (#35/25, 24"/20" step overs allowed)
- Teams (450', 75 DP, 135 BJO)
  - Open-same as RX individuals
  - Intermediate-same as Intermediate individuals
  - Scaled Teams-same as Scaled individuals

**DESCRIPTION:** Each athlete will begin behind the start/finish line. At the call of "3,2,1, go!" the athlete runs to the box or one of the two designated dumbbell areas (there will be separate dumbbells) and begins in whichever fashion desired to complete the assigned reps. The workout will continue until all reps are completed. Each athlete will then will sprint back to the start/finish line to finish. There is no restriction on the order of completion other than lunges must be performed in 10' increments within the designated lunging area and the devil's presses must be performed within a separate designated area.

**DAY:** Saturday

**LOCATION:** Main Floor

**TIMECAP:** 18 minutes (individuals and teams)

**SCORING:** Time to complete the triplet.

**TIEBREAK:** None

### EQUIPMENT

- Two Dumbbells and a Box

### TEAMS

- Teams will have more reps to complete, as shown above, in whichever fashion desired, only one team member working at a time.
- The non-working athlete must remain behind start/finish line and wait to be tagged before becoming the working member.

## MOVEMENT STANDARDS

- **Single Dumbbell Overhead Walking Alternating Lunges:**
  - The entire dumbbell must remain overhead, above the horizontal plane of the top of the head, in either arm before a step is taken.
  - The back knee must make contact with ground with each alternating step.
  - No shuffle steps. Feet must come together at top of movement or pass through full upright standing position.
  - Each 10' increment will be counted as one rep. If dropped, you must return behind the last crossed line before resuming.
- **Single Dumbbell Devil's Press:**
  - Each rep begins with chest on ground next to dumbbell and ends when dumbbell is held directly over the shoulder with arm in full extension in line with center of body when viewed from the side. The dumbbell must move from ground to overhead in one motion, i.e., no clean and jerk.
  - Do not drop dumbbell from overhead position or a no rep will be called as a penalty. It must be lowered to below waist before letting drop.
- **Box Jump Over:**
  - The athlete starts with both feet on the ground on one side of the box. Do NOT angle the box and jump or step up on the corner. A lateral jump over the box (starting with the feet parallel to the box) IS permitted. The rep is credited when both feet have touched the ground on the opposite side of the box. A two-foot takeoff is always required, and only the athlete's feet may touch the box. Alternatively, the athlete may jump completely over the box, as long as the feet pass over the box, not around it. There is no requirement to stand tall while on top of the box. The athlete's hands are not allowed to touch any part of the legs while on top of the box.
  - Scaled and Masters 50+ are allowed to step over the box. Both feet must touch the top of the box and the athlete's hands are not allowed to touch any part of the legs while on top of the box. There is no requirement to stand tall while on top of the box.