



The Crusader Series Scorecard EVENT 5

WORKOUT -

FOR TIME

40 wall balls

20 dual DB devil's press

100ft dual DB front rack walking lunges

40 dual DB hang snatches

100ft dual DB front rack walking lunges

20 dual DB devil's press

40 wall balls

Time cap 20:00

WORKOUT DESCRIPTION -

Division Standards:

RX/Masters/Intermediate:

Wall ball @9/6kg to a 10ft target

DB's @22.5/15kg

Scaled:

Wall ball @6/3kg to a 10ft target

DB's @15/10kg

Male and Female for all divisions must throw to a 10ft target

Lunge distance must be completed in 25 foot increments (4x 7.5m for 30m total) for all divisions. You **MUST** turn around at 25ft.

Scoring:

Your score will be the time it takes you to complete the workout. If you do not complete the workout, your score will be the number of reps you complete within the time cap.

One 25ft/7.5m length equates to one rep.



Tie breaker - please take note of the time you finish the DB hang snatches. If you do not make it here, your time tiebreaker time is 0:00.

Flow:

At 3,2,1 GO, Athletes will begin with 40 wall balls. You can choose to perform all reps unbroken or break them into smaller sets. If you break the sets, the wall ball must be stationary on the ground before being picked back up for the next rep. Upon completion of 40 wall balls, athletes will then move to the 20 dual DB devil's press. The repetition may be performed as a burpee DB hang snatch OR a burpee DB hang clean and jerk. When all 20 reps are completed the athlete will then proceed to perform a 100ft DB front rack walking lunge in 25ft increments. The dumbbells will be on the shoulders and the hands may be placed on any part of the dumbbell as long as the lunge is performed correctly. After the lunges are completed, athletes may begin 40 dual DB hang snatches. Once 40 repetitions are completed, athletes will then perform the remaining lunges, dual DB devil's press and finally 40 wall balls to finish.

Movement Standards:

Wall balls

The wall ball starts on the ground between the feet and the athlete standing up straight. The wall ball rep begins when the athlete picks the ball, taking it to the bottom of a squat with the ball held in front of the body and then thrown to hit the specified target. In the squat the hip crease must go below the knee.

Dual DB devil's press

Dumbbells will start on the ground. The athlete will place one hand on each dumbbell and perform a standardized burpee with the chest to deck on the INSIDE of the dumbbells (not on top of). Keeping their hands on the dumbbells, the athlete will then get to their feet by either stepping up or jumping. The Dumbbells will then be swung BETWEEN the legs (not on the outside) and brought to the overhead position. Athletes may hang clean and jerk both dumbbells or hang snatch the dumbbells to the overhead position in one motion. To finish the rep, the dumbbells must finish overhead with the elbows locked out, with hips and knees at full extension.

DB front rack walking lunge

Athletes may bring the dumbbells to the shoulder any which way. The lunge begins with the dumbbells on the shoulders, the feet are together and the athlete standing tall. The



athlete will begin with both feet BEHIND the start line. Walking lunges are required and walking more than 25 ft without turning around is not allowed. You must turn around at 25ft. The rep is complete when the athlete is stood up tall with the heel completely on the other side of the 25ft line.

At the start line athletes will begin to lunge by stepping out and making sure the back knee makes contact with the ground at the bottom of each lunge. The athlete must alternate feet each repetition as they step forward. Losing balance and stability will result in a no rep and the athlete will be required to start that single step again. Shuffle steps are not allowed and will be deemed no reps.

The dumbbells must remain at the shoulders and both hands must be touching the dumbbells at all times. Taking your hands off of the dumbbell completely (e.g lunging with the dumbbells resting solely on the shoulders) will be deemed a “no rep”.

Dual DB hang snatches

The dumbbells will begin on the floor and must be deadlifted to the hips before being lowered to the hang position to continue the rep. From the hang position, the dumbbells may be swung between the legs and moved above the head in one fluid motion with no pausing on the way up. The rep will be finished when the Dumbbells are simultaneously above the athletes head and the athlete has reached full extension with clear lockout of the elbows, hips and knees.

If the athlete rests and the dumbbells are on the ground, the dumbbells will need to be deadlifted to lock out again before continuing to the hang position.

The athlete is allowed to cycle the reps from overhead to between the legs continuously without the dumbbells touching the ground for as many reps as they like. Athletes may lower the dumbbells to the shoulders on the descent of each rep but not touch the shoulders on the way up.



SCORECARD - WORKOUT 5

Athlete Name _____

Gym _____

Date _____

FOR TIME : 20min CAP

REPS	NOTES
40 wall balls	
20 dual DB devils press	
100ft Db front rack walking lunge	
40 dual DB snatches* (tiebreaker)	Time:
100ft Db front rack walking lunge	
20 dual DB devils press	
40 wall balls	

Time or Reps _____

Tie Breaker Time: _____

Judge Signature _____

Athlete Signature _____