

# EVENT 5



CrossFit SEMIFINAL EVENT

# SUNDAY INDIVIDUAL

## "DEVIL'S ADVOCATE"

### For time

50 devils press 22,5/15 kg per hand

40 handstand push-ups

30 sandbag to shoulder 70/45 kg

20 handstand push-ups

25 devils press 22,5/15 kg per hand

TC 11 minutes

## NOTES

This workout begins with the athlete standing at the starting mat. After the call of "3,2,1 ... go," the athlete will move towards the set of dumbbells and perform 50 devils presses. Upon completion the athlete moves to the rig where the handstand wall is located and performs 40 handstand push-ups. He or she then moves to the sandbag for 30 repetitions of a sandbag to shoulder. After that, moving back to the wall for 20 handstand push-ups and finishing the workout with a set of 25 devils presses. After the last devils press is completed, the athlete moves to the finish mat for the workout to end. The athlete's score is the time when they cross the finish line.

## VIEWING REMARKS

The devils press start close to the rig and are moved every 10 reps during the set of 50. For the handstand push-ups a wall is placed in the rig. The 30 reps of sandbag to shoulder are done at two spots, both counting for 15 reps, located at the end of the 50 repetitions of devils press. For the final 25 reps of devils press the dumbbells are progressed beyond the sandbag where the last repetitions are done, progressing forward each five reps. The dumbbells need to be moved from the last 10 rep segment in the set of 50 to the first 5 rep segment in the set of 25 before moving to the handstand wall.