



MONTHLY CHALLENGE 19.1 - presented by cross equip

JAN 1, 12:00 pm, THROUGH JAN 15, 12:00 pm

WORKOUT 19.1

Complete as many rounds as possible in 8 minutes of:

8 devil presses

16 / 12 cal row

EQUIPMENT

- One pair of dumbbells of appropriate weight for your division*
- Concept 2 rower (only this type of rower is allowed)

* The official weight is in kilogram. For your convenience, the minimum acceptable weights in pound are 50 lb. (22.5 kg) and 35 lb. (15 kg).

NOTES

This workout begins with the dumbbells resting on the floor and the athlete standing tall. After the countdown the athlete may perform 8 devil presses. After completing the devil presses he or she will then move to the rower and pull 16 calories (12 for women). The monitor must read 16 calories (12 for women) before the athlete can unstrap and move to the dumbbells for the next round.

MOVEMENT STANDARDS

Rowing

The monitor on the rower must be set to zero at the beginning of each row. The athlete or the judge/a helper may reset the monitor. The athlete must stay seated on the rower until the monitor reads 16 / 12 calories.

Devil Presses

Athletes will start each repetition with the dumbbells on the ground. Then, with the athlete's hands on the dumbbell, they'll perform a burpee, with chest making contact with the floor. From here, the athlete will jump to their feet, never taking their hands from the dumbbells. Next, the athlete shall snatch or swing both dumbbells from the floor simultaneously, and finish with both locked out overhead, with hips, knees, shoulders, and arms at full extension. This shall indicate a completed repetition.

Please note, the athlete may "swing" the dumbbells between their legs to help to build momentum to get them overhead, but the athlete may NOT pause at the shoulders and press the dumbbells.

VIDEO SUBMISSION STANDARDS

For your videos please use the app WODProof and film the workout with this official app. Prior to starting, film the dumbbells to be used so the weight can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. The monitor of the rower needs to be in the frame so that the calories can be seen.

For more information about how to use WODProof visit our website www.jonasmuellertraining.com and check the information about the JMT monthly challenge.

SCORE SUBMISSION

Your score is the cumulated reps of devil presses and calories rowed.

The score and the video must be submitted by 12 PM MEZ on 15th of January 2019.