



Both athletes will start at the start/finish line. The dumbbell movements are cumulative with one athlete working at a time and the gymnastics movements are synchronized.

At 3, 2, 1, Go both athletes will move to the set of dumbbells nearest the rig and perform a total of 40 single dumbbell overhead squats. Athlete 2 may start their reps as soon as athlete 1 places their dumbbell on the ground. Dropping the dumbbell from anywhere above the waist will result in a no rep. The hip crease must pass below parallel and the dumbbell must be locked out overhead with knees and hips extended for the rep to be complete. The athletes may not switch arms above their head.

Once the OHS are complete both athletes will move to the rig and complete 10 synchronized toes to bar (Rx, Int/Mstr) or knee raises (novice). For both the toes to bar and knee raises the athlete's feet must pass the plane of the rig between reps. The synchronization for the toes to bar is all feet must be touching the bar at the same time. The synchronization for the knee raises is the knees rising above the hips at the same time.

After the 10 toes to bar both athletes will move to the 2nd dumbbell station and complete a total of 20 devil press. The rep begins with a burpee, chest and quads touching the ground. Then the dumbbell is brought overhead in one motion and finishes with the dumbbell locked out overhead. The dumbbell or the athlete's non-working hand may not touch their body during the rep. Dropping the dumbbell above the waist will result in a no rep.

Upon completion of the devil press, both athletes will move back to the rig and complete 5 synchronized rope climbs (Rx 15', Int/Mstr 12') or supine rope ascents (novice). The synchronization is at the top of the rope climb, touching tape together. If athlete 1 descends before athlete 2 touches the line, it is a no rep, and both athletes must climb again. For the rope ascents, both athletes will start lying on their back. Their hands must touch the ground behind them with their feet directly under the rope. The rep is complete when the athlete is standing vertical, jumps, and touches the rope. The synchronization is the jump and touch.

The third and final dumbbell movement is double dumbbell thrusters. The athlete's hips must pass below parallel and the rep is complete when the dumbbells are locked out overhead. Dropping the dumbbells above the waist will result in a no rep. Again, one athlete working at a time, and athlete two may begin when athlete one releases the dumbbells.

The final movement, back to the rig, is bar muscle ups (rx), pull ups (Int/Mstr), or ring rows (novice). The synchronization for the muscle ups is at the top of the rep, with both athletes locked out above the bar at the same time. The pull ups are synchronized with both athlete's chins above the bar at the same time. The ring rows are synchronized with both athlete's chest or shoulders touching the rings at the same time. For the ring rows, the athlete's feet must be in line with or in front of the rig. 10 reps and it's a sprint to the finish!

The time is complete when both athletes cross the finish line.