

Workout 1

2000M ROW (Ladies 1500m)	
ALT DB DEVIL'S PRESS	

10min CAP

Workout Instructions:

- Make sure the rowing machine is set to a 2000m/1500m distance on the monitor before you start.
- Devil's Press, each repetition starts with the hip and chest on the ground and dumbbell in one hand and completes once the athlete is standing upright, fully extended with the dumbbell overhead in one arm, after which you may switch arms at any time.
- Dumbbell Weights:
Male Rx = 20kg
Female Rx = 15kg
Male Scaled = 15kg
Female Scaled = 10kg

Score Submission:

Judged Y/N	Video Submission Y/N	Category Rx/Scaled
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Athlete's Name:	
Judge's Name & Contact Number:	
Judge's Email address:	
Rowing Time:	time
Alt DB Devil's Press:	reps