



# Conga Down & Back

*(ELITE & RX Divisions Only)*

**For Time (Cap: 22:00)**

## ELITE PAIRS

15 Single Arm DB Devil's Press (80/50)  
20 Deadlifts (315/215)  
30 Wall balls (30/20 to 10'/9')  
15/10 Bar Muscle-ups  
15/10 Bar Muscle-ups  
30 Wall balls (30/20 to 10'/9')  
20 Deadlifts (315/215)  
15 Single Arm DB Devil's Press (80/50)

## RX PAIRS

15 Single Arm DB Devil's Press (60/40)  
20 Deadlifts (275/185)  
30 Wall balls (20/14 to 10'/9')  
10/5 Bar Muscle-ups  
10/5 Bar Muscle-ups  
30 Wall balls (20/14 to 10'/9')  
20 Deadlifts (275/185)  
15 Single Arm DB Devil's Press (60/40)

## Event Flow

This is a "conga line" style of workout, meaning that one athlete will lead the way through the workout while the second athlete follows. The following athlete may not advance to the next movement until the leading athlete has completed all of the reps and advanced to their next movement. On the way back, the same rules apply except the leading athlete cannot begin their bar muscle-ups until the following athlete has completed them and moved to the designated transition area.

Both athletes begin on the Start/Finish mat. At the sound of the beep, athlete 1 will advance to their dumbbell and complete their 15 single-arm devil's press, advance to their deadlift mat for 20 deadlifts, advance to their ball for 30 wall balls, advance to their bar for their designated number of bar muscle-ups, and advance to the transition area. When athlete 1 touches their deadlift bar, athlete 2 may advance to their dumbbell and begin their 15 reps of single-arm devil's press. When athlete 1 touches their medicine ball, athlete 2 may advance forward to begin their deadlifts. When athlete 1 touches their muscle-up bar, athlete 2 may advance forward and begin wall balls, and when athlete 1 reaches the transition area, athlete 2 may begin bar muscle-ups. When athlete 2 finishes their designated number of bar muscle-ups and reaches the transition area, athlete 1 may advance to their bar to begin their bar muscle-ups on the way back. After that athlete 1 will perform their wall balls, deadlifts, and single-arm devil's press before returning to the Start/Finish mat. Athlete 2 will follow athlete 1 on the way back in the same manner as the way down; advancing only when athlete 1 touches the implement two movements ahead of athlete 2. Time stops when athlete 2 reaches the Start/Finish mat.

## Movement Standards

For the single-arm devil's press, the movement starts with the athlete laying on the floor with chest and thighs touching the floor. One hand will be on the floor and the other hand will be on the dumbbell handle. The movement finishes with the athlete standing tall and the dumbbell locked out overhead (knees, hips, shoulder, and elbow extended) and the dumbbell over the centerline of the body. Athletes **MUST** alternate reps between the left and right arm. Athletes may start with the dumbbell on either the left or the right side, but a full rep must be completed on that side (starting position and finishing position) before switching to the other side. Athletes may switch the dumbbell from one hand to the other at any point: in the air or on the floor.

Each deadlift rep starts with the bar on the floor and finishes with the athlete standing tall. At the top, hips and knees must be extended with shoulders behind the bar. Arms must remain straight throughout the movement; excessive bouncing is not permitted.

For the wall balls, the medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The center of the ball must hit the target at or above the specified target height. If the ball hits low or does not hit the target, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and both feet off the ground. Kipping the muscle-up is acceptable, but pull-overs, rolls to support, and glide kips are not permitted. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip to lock out over the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep. Athletes will face away from the Start/Finish mat on their way down and toward the Start/Finish mat on their way back.

## Scoring

Score for "Conga Down & Back" is the total time of completion. The time cap is 22:00. Any reps not completed within the 22:00 time cap will be added as additional seconds to the time cap. For example, if athletes complete all the work, but are unable to reach the Finish mat within the 22:00 cap, their score will be recorded as 22:01 on the leaderboard. 100 points available.