

EVENT 1

Teens & Iron	Bronze	Silver, Gold & Platinum
AMRAP 10 minutes 6 Burpee Double Box Jump/Step Overs 60/50cm 9 Kipping Leg Raises 30 Single Unders	AMRAP 10 minutes 6 Burpee Double Box Jump Overs 60/50cm 9 Single Leg Toes to Bar 30 Single Unders	AMRAP 10 minutes 6 Burpee Double Box Jump Overs 60/50cm 9 Toes to Bar 30 Double Unders

EQUIPMENT

- Plyobox 60/50cm
- Rig
- Jumprope

WORKOUT FLOW

The workout starts with the athlete standing tall behind the box. On the count of 3-2-1-GO the athlete may start the workout and lie down on the floor for the burpees. The athlete performs 6 Burpee Double Box Overs, followed by 9 Toes to Bar variations, followed by 30 Single/Double Unders. The athlete performs as many rounds and reps of this within the 10 minute frame.

The score for this workout is the total number of reps completed within the 10 minutes.

It is the responsibility of the athlete and judge to perform the movements according to the movement standards. In case of doubt by the judge or organization, the repetition will be no-repped.

VIDEO STANDARDS

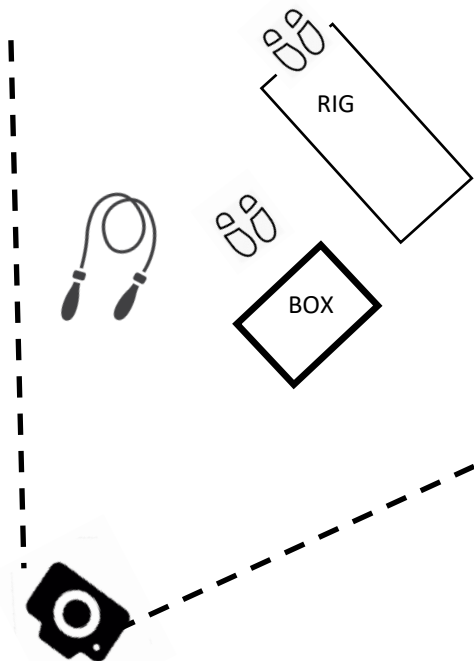
Start the video with stating your full name, division and box. Then film the height of the plyobox. If it is not stated on the box itself, measure it!

The video must be uncut and unedited. Fisheye lenses are not allowed.

An ascending clock (0 -> 10) must be visible during the whole workout.

The athlete must be in the frame during the whole workout.

Film from an angle that allows us to see the movement standard clearly. If we cannot see if the movement is done correctly, the rep will not count. Use the setup stated in the picture on the left.



MOVEMENT STANDARDS**GENERAL RULES**

- Tape and/or grips may be used.
- Make sure to show control in the end of every movement. Fast is good, but too fast can cost you a no-rep.
- In doubt about a standard? Contact us at info@thenationals.nl

BURPEE DOUBLE BOX JUMP OVER

The movement starts with the athlete standing tall behind the box. The athlete steps/jumps down until chest and hips make contact with the floor at the same time. The athlete steps/jumps to standing and then jumps on the box with both feet. The athlete steps/jumps off the box on the other side. Then the athlete jumps back on the box and steps/jumps off on the other side. This is 1 repetition (1 burpee + 2 box jump overs). For the Teens and Iron division is stepping on the box allowed, as long as both feet touch the box at the same time.

KIPPING LEG RAISE

The movement starts with the athlete hanging from the rig in pronated grip, with elbows fully extended and both feet behind the vertical plane of the pull-up rig.

The athlete swings his legs up in front of the body, until both feet are clearly above the hips. This may be done strict or kipping as long as all standards are met and no other parts of the body than the hands touch the rig.

SINGLE LEG TOES TO BAR

The movement starts with the athlete hanging from the rig in pronated grip, with elbows fully extended and both feet behind the vertical plane of the pull-up rig.

The athlete moves until one foot is touching the pull-up bar on the inside of the hands. This may be done strict or kipping as long as all standards are met and no other parts of the body than the hands touch the rig. Note that reps should be alternating feet. In case of a no-rep on one leg, that same leg needs to make a rep before alternating to the other leg.

TOES TO BAR

The movement starts with the athlete hanging from the rig in pronated grip, with elbows fully extended and both feet behind the vertical plane of the pull-up rig.

The athlete moves their feet until both feet are touching the pull-up bar at the same time, on the inside of the hands. This may be done strict or kipping as long as all standards are met and no other parts of the body than the hands touch the rig.

SINGLE UNDER

- The rope passes under the feet once for each jump.
- The rope must spin forward
- Only successful jumps are counted, not attempts
- When the athlete stands on the rope, that rep will not count.

DOUBLE UNDER

- The rope passes under the feet twice for each jump.
- The rope must spin forward
- Only successful jumps are counted, not attempts
- When the athlete stands on the rope, that rep will not count.

<p><i>AMRAP 10 minutes</i></p> <p>EVENT 1</p> <p><i>6 Burpee Double Box Jump Overs</i></p> <p><i>9 Toes to Bar variations</i></p> <p><i>30 Single/Double Unders</i></p>				
	6 BDBJO	9 T2B	30 SU/DU	Total reps
Round 1				45
Round 2				90
Round 3				135
Round 4				180
Round 5				225
Round 6				270
Round 7				315
Round 8				360
Round 9				405
Round 10				450
Round 11				495
Round 12				540
TOTAL REPS MADE				

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

