

EVENT 1A

Complete as many rounds and reps as possible in 12 minutes of:

- 10 Box jump overs
- 8 Cleans
- 6 Shoulder to Overhead

In each round, the weight increases. If 8 rounds are completed, the weight stays the same. No one else than the athlete may assist in loading the barbell. Only 1 barbell may be used.

- Female: 25-30-35-40-45-50-55-60 KG + 50cm box
- Male: 30-40-50-60-70-80-90-100 KG + 60cm box
- Girls: 15-20-25-30-32,5-35-37,5-40 KG + 40cm box
- Boys: 20-25-30-35-40-45-50-55 KG + 50cm box

EQUIPMENT

- Plyobox 60/50/40cm
- Barbell + collars (Female use 15kg, male use 20kg)
- Bumperplates

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 perform 10 box jump overs. After this, the athlete performs 8 cleans and 6 shoulder to overhead. Then the athlete adds weight to the barbell, and moves onto the next round. The athlete continues in this pattern until the timecap of 12 minutes. There is a tiebreak time after each fully completed round.

The score for this workout is the total number of reps completed within the 12 minutes + the last tiebreak time. In case two athletes have the same number of reps, the athlete with the fastest tiebreak time ends on top.

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 and box. Then film the height of the plyobox. If it is not stated on the box itself, measure it! Then show the weight of the barbell and all plates used.

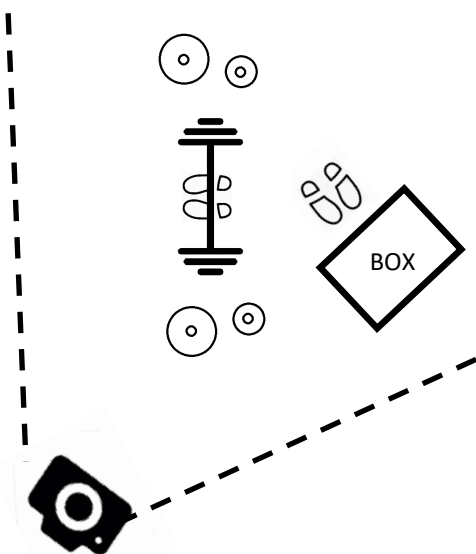
The video must be uncut and unedited. Fisheye lenses are not allowed.

An ascending clock (0 -> 12) 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.

After the workout, show the weight on the bar to confirm your score.



EVENT 1A		<i>AMRAP 12 minutes</i> <i>10 Box Jump Overs</i> <i>8 Cleans</i> <i>6 Shoulder to Overhead</i>					
	Adults	Teens	10 BJO	8 Cleans	6 STOH	Tiebreak time	Total reps
Round 1	30/25	20/15					24
Round 2	40/30	25/20					48
Round 3	50/35	30/25					72
Round 4	60/40	35/30					96
Round 5	70/45	40/32,5					120
Round 6	80/50	45/35					144
Round 7	90/55	50/37,5					168
Round 8	100/60	55/40					192
Round 9	100/60	55/40					216
Round 10	100/60	55/40					240
Round 11	100/60	55/40					264
Round 12	100/60	55/40					288
Round 13	100/60	55/40					312
Round 14	100/60	55/40					336
Round 15	100/60	55/40					360
Round 16	100/60	55/40					384
TOTAL REPS MADE							

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



EVENT 1B

On a 4 minute running clock, complete:

2 rounds of

8 Knee Raises

8 Alternating Dumbbell Snatch 15/10kg (Teens 10/5kg)

8 Leg Raises

8 Plate Forward Lunge Steps 15/10kg (Teens 10/5kg)

If completed before 4 mins, add 4 mins to the clock and proceed to:

2 rounds of

8 Ring Rows

8 Alternating Dumbbell Snatch 15/10kg (Teens 10/5kg)

8 Single Leg Toes to Bar

8 Plate Forward Lunge Steps 15/10kg (Teens 10/5kg)

If completed before 8 mins, add 4 mins to the clock and proceed to:

2 rounds of

8 Pull-ups

8 Alternating Dumbbell Snatch 22,5/15kg (Teens 15/10kg)

8 Toes to Bar

8 Plate Forward Lunge Steps 20/15kg (Teens 15/10kg)

If completed before 12 mins, add 4 mins to the clock and proceed to:

2 rounds of

8 Chest to Bar Pull-ups

8 Alternating Dumbbell Snatch 22,5/15kg (Teens 15/10kg)

8 Handstand Push-ups

8 Plate Forward Lunge Steps 20/15kg (Teens 15/10kg)

If completed before 16 mins, add 4 mins to the clock and proceed to:

2 rounds of

8 Bar Muscle Ups

8 Alternating Dumbbell Snatch 22,5/15kg (Teens 15/10kg)

8 Ring Muscle Ups

8 Plate Forward Lunge Steps 20/15kg (Teens 15/10kg)

Stop at 20:00 or when you've completed the workout.

- Dumbbell 22,5/15/10/5kg (depending on division)
- Rig
- Low Rings (Ring rows)
- High Rings (Ring muscle Ups)
- Handstand Push-up set-up

WORKOUT FLOW

The workout starts with the athlete standing tall underneath the rig with both feet on the floor and not touching the rig yet. On the count of 3-2-1-GO the athlete may start the workout and has 4 minutes to perform 2 rounds of 8 Knee Raises, followed by Alternating Dumbbell Snatches, followed by 8 Leg Raises, followed by 8 Plate Forward Lunge Steps. There is a 4 minute timecap to perform all 64 repetitions.

If the athlete succeeds to perform all 64 reps before 4:00, the timecap extends to 8:00 and the athlete directly goes into 2 rounds of 8 Ring Rows, 8 Alt DB Snatches, 8 Single Leg Toes to Bar and 8 Fw Lunge Steps. There is a 8 minute timecap to perform all 128 repetitions.

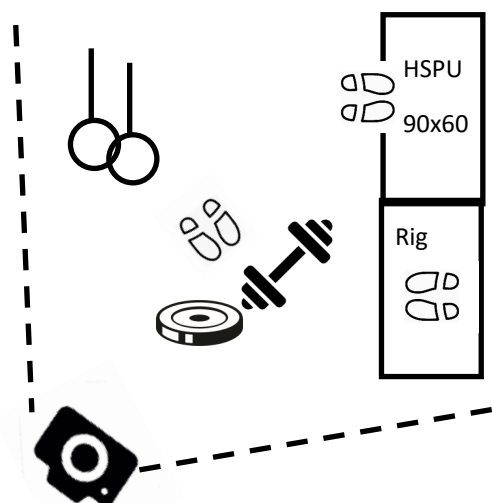
If the athlete succeeds to perform all 128 reps before 8:00, the timecap extends to 12:00 and the athlete directly goes into 2 rounds of 8 Pull-ups, 8 Alt DB Snatches, 8 Toes to Bar and 8 Fw Lunge Steps. From this round on, the weight of the dumbbell is 22,5/15kg (15/10 for teens) and plate 20/15kg (Teens 15/10). There is a 12 minute timecap to perform all 192 repetitions.

If the athlete succeeds to perform all 192 reps before 12:00, the timecap extends to 16:00 and the athlete directly goes into 2 rounds of 8 Chest to Bar Pull-ups, 8 Alt DB Snatches, 8 Handstand Push-ups and 8 Fw Lunge Steps. There is a 16 minute timecap to perform all 256 repetitions.

If the athlete succeeds to perform all 256 reps before 16:00, the timecap extends to 20:00 and the athlete directly goes into 2 rounds of 8 Bar Muscle Ups, 8 Alt DB Snatches, 8 Ring Muscle Ups and 8 Fw Lunge Steps. There is a 20 minute timecap to perform all 320 repetitions.

The score for this workout is the total number of reps completed within the assigned timecap + the last tiebreak time. In case the athlete finished the workout within the timecap, their score is 320 reps + finish time.

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 and box. Then film the weight of the dumbbells, set-up of the ring rows, and measure the HSPU box.

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

An ascending clock (0 -> 20) 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.

EVENT 1B

Complete before 4:00		If completed before 12:00, move onto	
8 Knee Raises	8	8 C2B Pull-ups	200
8 Alternating Dumbbell Snatch 15/10kg (Teens 10/5kg)	16	8 Alternating Dumbbell Snatch 22,5/15kg (Teens 15/10kg)	208
8 Leg Raises	24	8 Handstand Push-ups	216
8 Plate Forward Lunge Steps 15/10kg (Teens 10/5kg)	32	8 Plate Forward Lunge Steps	224
8 Knee Raises	40	8 C2B Pull-ups	232
8 Alternating Dumbbell Snatch	48	8 Alternating Dumbbell Snatch	240
8 Leg Raises	56	8 Handstand Push-ups	248
8 Plate Forward Lunge Steps	64	8 Plate Forward Lunge Steps	256
Tiebreak time		Tiebreak time	
If completed before 4:00, move onto		If completed before 16:00, move onto	
8 Ring Rows	72	8 Bar Muscle ups	264
8 Alternating Dumbbell Snatch 15/10kg (Teens 10/5kg)	80	8 Alternating Dumbbell Snatch 22,5/15kg (Teens 15/10kg)	272
8 Single Leg Toes to Bar	88	8 Ring Muscle Ups	280
8 Plate Forward Lunge Steps	96	8 Plate Forward Lunge Steps	288
8 Ring Rows	104	8 Bar Muscle Ups	296
8 Alternating Dumbbell Snatch	112	8 Alternating Dumbbell Snatch	304
8 Single Leg Toes to Bar	120	8 Ring Muscle Ups	312
8 Plate Forward Lunge Steps	128	8 Plate Forward Lunge Steps	320
Tiebreak time		Finish time	
If completed before 8:00, move onto		TOTAL REPS MADE	
8 Pull-ups	136	LAST TIEBREAK TIME	
8 Alternating Dumbbell Snatch 22,5/15kg (Teens 15/10kg)	144		
8 Toes to Bar	152		
8 Plate Forward Lunge Steps 20/15kg (Teens 15/10kg)	160		
8 Pull-ups	168		
8 Alternating Dumbbell Snatch	176		
8 Toes to Bar	184		
8 Plate Forward Lunge Steps	192		
Tiebreak time			

NAME ATHLETE: _____

BOX: _____

SIGNATURE ATHLETE: _____

NAME JUDGE: _____

SIGNATURE JUDGE: _____

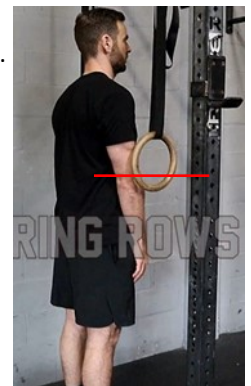


PREPARATION

Before the workout, make sure to get the right set-ups for the Ring Rows and Handstand Push-ups. Always show this at the start of your video.

RING ROWS

Start with taping a **clear line** on the floor, straight under the rings. This must be taped so it can be viewed from your chosen camera angle. For the height of the rings, the athlete needs to stand tall in between the rings, and with feet on the line. The arms hanging relaxed next to the body. The lowest end of the rings should be equal than or lower than the elbow of the athlete (see photo). Show this in the beginning of your video.



HANDSTAND PUSH-UPS

Before starting, **tape a box** of 90x60cm on the floor. Clearly show the height and width of the box in your video. During the whole movement, the hands and fingers need to stay within the box. If an abmat and plates are used, make sure the plates and abmat are at the same level.

MOVEMENT STANDARDS

GENERAL RULES

- Tape and/or grips may be used.
- Using a box to get into the rig/rings is allowed. Jumping Pull-ups/Muscle-ups are not allowed.
- Only 1 barbell may be used (20kg for male, 15kg for female) and no one else than the athlete may load the bar.
- Blocks or a rack is not allowed. The bar needs to be moved from the floor for all movements.
- Clips must always be on the outside of all plates. Clips to not count for weight on the barbell.
- The barbell may never be dropped behind. If this happens, it is a no rep.
- The dumbbell may never be dropped from above the hips. If this happens, it is a no rep.
- 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

BOX JUMP OVER

The movement starts with the athlete standing tall behind the box. The athlete jumps on the box with both feet. The athlete steps/jumps off the box on the other side.

CLEAN

The movement starts with the athlete standing tall with the barbell with both plates in contact with the floor. The barbell moves from the floor to the front rack position in one fluent motion. In the end position, the barbell touches the top/front of the shoulders, fingers are around the barbell and the elbows are in front of the bar. The hips and knees are fully extended and both feet are straight under the hips. The athlete has control over the barbell.

A muscle clean, power clean and split clean are allowed, even as power or squat variations, as long as all standards are met. If the bar is caught in a split or 'starfish' position, both feet need to move back under the hips before the bar leaves the shoulders to count as a rep.

SHOULDER TO OVERHEAD

The movement starts with the athlete standing tall with the barbell in the front rack position, and hips and knees fully extended. The athlete gets the bar overhead, where the bar is straight above the head, with feet under the hips, and elbows, hips and knees fully extended. The athlete is in control over the bar. This may be a strict press, push press, push jerk or split jerk as long as the standards are met. In the split jerk, both feet need to move back under the hips before the bar is lowered.

ALTERNATING DUMBBELL SNATCH

The movement starts with the dumbbell with one head in contact with the floor. The athlete moves the dumbbell in one fluent motion to an overhead position in which the dumbbell is clearly over the middle of the athlete's body. The arms, hips and knees must be fully locked out. The non-lifting hand is not in contact with the body at all times. The athlete may choose to do a split style snatch, but both feet must return under the athlete's body with dumbbell locked out overhead before the rep counts. A pause during the movement (hang clean and jerk) is not allowed. When switching hands, the switch can happen anywhere on the way down. The non-lifting hand and arm may not be in contact with the body during the whole movement.

ALTERNATING PLATE FORWARD LUNGE STEP

The movement starts with the athlete standing tall, feet under the hips, hips and knees fully extended. The plate is held against the chest of the athlete. Athlete steps forward until the knee touches the floor. Hands can't be on the legs. The movement ends with the athlete stepping back to the starting position. Feet under the hips, hips and knees fully extended. The shoulders are in a vertical line with hips and feet. All reps need to be alternating legs.

KIPPING KNEE 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 knees up in front of the body, until the top of the knees 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.

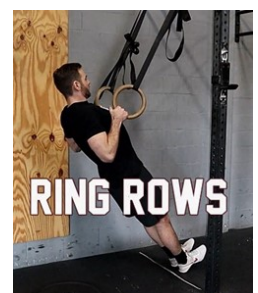
KIPPING LEG RAISE

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.

RING ROWS

The movement starts with the athlete having both feet/heels completely over the taped line on the floor. The athlete holds the rings in his/her hands and has extension in hips, knees and elbows. The rep is credited when athlete pulls himself up until the rings or thumbs are clearly touching the body AND hips and knees are fully extended.



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.

PULL-UP

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 body up until the chin is clearly above the pull-up bar. This may be done strict, kipping or butterfly as long as all standards are met and no other parts of the body than the hands touch the rig.

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.

CHEST TO BAR PULL-UP

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 body up until the chest below the collarbone is clearly touching the pull-up bar. This may be done strict, kipping or butterfly as long as all standards are met and no other parts of the body than the hands touch the rig.

HANDSTAND PUSH-UP

Every repetition starts and ends with the athlete at the top of a handstand, with elbows fully locked out, heels in contact with the wall, hips open (not touching the wall) and the body in line with the arms.

At the bottom, the athlete's head makes contact with the ground/abmat. The feet do not need to remain in contact with the wall at this point. Strict and kipping are both allowed.

BAR MUSCLE UP

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 kips up until the athlete is in support on top of the pull-up rig, with shoulders in front of the vertical plane of the pull-up rig, and elbows completely locked out. During the kip, the feet and knees may not be above the horizontal plane of the pull-up rig. No other body part than the hands may be on the rig (no climbing in the rig).

RING MUSCLE UP

The movement starts with the athlete hanging from the rings, with elbows fully extended and both feet behind the vertical plane of the rings. The athlete kips up until the athlete is in support on top of the rings, with shoulders straight above the rings, and elbows completely locked out. During the kip, the feet and knees may not be above the horizontal plane of the rings. Kipping the muscle-up is allowed, but swings or rolls to support are not allowed. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.