

**EVENT 2A—ALL DIVISIONS**

*Timecap: 12 minutes*

Teens	Iron	Bronze	Silver	Gold	Platinum
5 Rounds For Time 30 Single Unders 10 Single Dumbbell Box Step Overs			5 Rounds For Time 30 Double Unders 10 Single Dumbbell Box Step Overs	5 Rounds For Time 30 Double Unders 10 Dual Dumbbell Box Step Overs	5 Rounds For Time 50 Double Unders 10 Dual Dumbbell Box Step Overs
10/5kg	15/10kg	22,5/15kg	22,5/15kg	2x22,5/15kg	2x22,5/15kg

**EQUIPMENT**

- Plyobox 60cm (male & boys) / 50cm (female & girls)
- Jump Rope
- Dumbbell(s)

**WORKOUT FLOW**

The workout starts with the athlete standing tall with the jump rope in his/her hands. On the count of 3-2-1-GO the athlete may start the workout and perform 30/50 single/double unders, followed by 10 dumbbell box step overs. The athlete completes 5 rounds in total.

The score for this workout is the total time to perform 5 rounds OR the number of reps completed within the 12 minute timecap.

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**

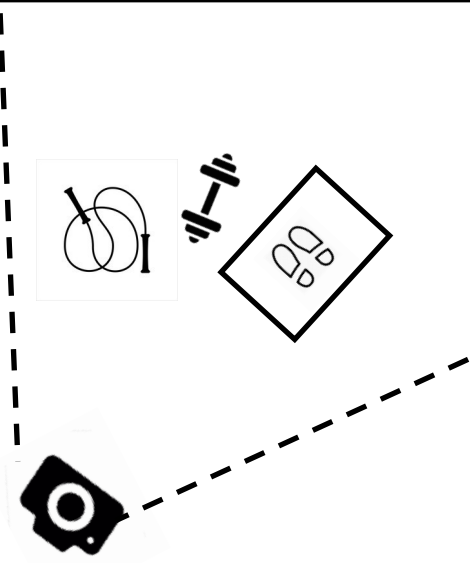
Start the video with stating your full name and division. Show the weight of the dumbbell(s) used.

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.



**MOVEMENT STANDARDS****SINGLE/DUAL DUMBBELL BOX STEP OVER**

At the start of the set, the dumbbell(s) must start with at least one head of the dumbbell(s) touching the floor (don't pick them from the box).

The movement starts with the athlete standing tall behind the box. The athlete steps on the box with both feet. Both feet need to be at the top of the box at the same time. The athlete steps off the box on the other side. During the step over, the dumbbell(s) must be held with fingers around the dumbbell. This can be in any position, as long as the fingers are around the dumbbell.

The dumbbell may never be dropped from above the hips. If this happens, it is a no rep.

**SINGLE UNDER**

The athlete jumps over the rope while it passes under the feet of the athlete once.

**DOUBLE UNDER**

The athlete jumps over the rope while it passes under the feet of the athlete twice.

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**Get started**Step 1—equipment

Set up your box, jump rope and the camera. Choose the right angle so we can see all movement standards clearly. Also make sure you have a judge who knows what to do, and who has a scorecard

Step 2—warming up

For example:

5 minutes of aerobic work, like biking, skiing or rowing.

Rest as needed, then 3 rounds of  
10 box step overs (without weight)  
10 jumping jacks

Rest as needed, then 3 rounds, increasing in speed:  
4 dumbbell box step overs @ workout weight  
20 single/double unders  
Rest 1 minute between rounds

Step 3— Gametime

Get your judge and turn on the camera:

- State your name + division
- Show the weight of the dumbbell(s)
- Turn on the clock and let's go!

***TEENS, IRON & BRONZE***

<b>EVENT 2A</b>		
<i>5 Rounds for time - TIMECAP 12 minutes</i>		
30 Single Unders		
10 Single Dumbbell Box Step Overs		
	30 SU	10 DB BSTO
Round 1	30	40
Round 2	70	80
Round 3	110	120
Round 4	150	160
Round 5	190	200
<b>TOTAL REPS MADE</b>		

NAME ATHLETE: \_\_\_\_\_

DIVISION: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



**SILVER & GOLD**

<b>EVENT 2A</b> <i>5 Rounds for time - TIMECAP 12 minutes</i> 30 Double Unders 10 Single/Dual Dumbbell Box Step Overs		
	30 DU	10 DB BSTO
Round 1	30	40
Round 2	70	80
Round 3	110	120
Round 4	150	160
Round 5	190	200
<b>TOTAL REPS MADE</b>		

NAME ATHLETE: \_\_\_\_\_

DIVISION: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



***PLATINUM***

<p><b>EVENT 2A</b></p> <p><i>5 Rounds for time - TIMECAP 12 minutes</i></p> <p>50 Double Unders</p> <p>10 Dual Dumbbell Box Step Overs</p>		
	50 DU	10 DB BSTO
Round 1	50	60
Round 2	110	120
Round 3	170	180
Round 4	230	240
Round 5	290	300
<b>TOTAL REPS MADE</b>		

NAME ATHLETE: \_\_\_\_\_

DIVISION: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



**EVENT 2B—ADULTS**

Complete as many reps as possible in 10 minutes of:

3 Bench Presses

In each round, the weight increases, for females with 2,5kg, for males with 5kg.

No one else than the athlete may assist in loading the barbell.

Only 1 barbell may be used.

	Iron	Bronze	Silver	Gold	Platinum
Female	20kg	30kg	35kg	40kg	45kg
Male	40kg	50kg	60kg	70kg	80kg

**EQUIPMENT**

- Bench
- Barbell (Female use 15kg, male use 20kg)
- Bumperplates
- Rack
- Spotter (optional)
- Clips (optional)

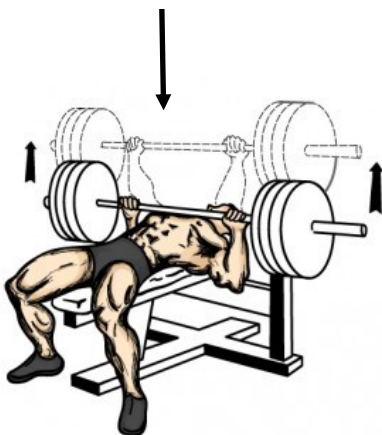
**WORKOUT FLOW**

The workout starts with the athlete sitting tall on the bench. On the count of 3-2-1-GO the athlete may start the workout and lie down on the bench. The athlete performs 3 bench presses at the starting weight. These do not have to be unbroken. After 3 reps, the athlete him/herself adds weight (2,5kg for females, 5kg for males) to the barbell, and performs again 3 reps. The athlete continues to perform 3 reps, then adds weight, until the time stops.

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.

Film so we can see this!



**VIDEO STANDARDS**

Start the video with stating your full name and division.

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.

After the workout, show the weight on the bar + all used plates + the bar itself to confirm your score.

**MOVEMENT STANDARDS****BENCH PRESS**

- Only 1 barbell may be used (20kg for male, 15kg for female).
- No one else than the athlete may load the bar.
- Clips do not have to be on the barbell for this workout. Clips do not count for weight on the barbell.
- A spotter may be used, but when the spotter comes with his/her hands near the barbell, it is a no rep. It is hard for a judge to see if the spotter touches or not, so make sure the spotters hands are far away, unless you're failing.
- 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](mailto:info@thenationals.nl)

The bench press starts with the athlete lying with his/her glutes and upper back on the bench, feet on the floor, the bar above the chest of the athlete and elbows in full extension.

At the bottom, the barbell must make contact with the chest below the collar bone. The feet must remain in contact with the floor. The glutes and upper back must be in contact with the bench.

Then the athlete presses back into the starting position. Make sure to show control AND proper lockout before rerecking the weight or going into your next rep.

The feet must stay in contact with the floor during the whole movement. For shorter athletes, plates or floor tiles may be used to create a platform to put the feet on.

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**Get started****Step 1—equipment**

Set up your rack, bench, barbell, all plates you need and the camera. Choose the right angle so we can see all movement standards clearly. Also make sure you have a judge who knows what to do, and who has a scorecard

**Step 2—warming up**

For example:

5 minutes of aerobic work, like biking, skiing or rowing.

Rest as needed, then 3 rounds of

10 arm circles each side

10 down dog/updog

10 banded facepulls

Rest as needed, then work up to your starting weight for the bench press.

**Step 3— Gametime**

Get your judge and turn on the camera:

- State your name + division
- Turn on the clock and let's go!
- Afterwards: film the weight of the barbell and ALL plates used.

**ADULTS**

EVENT 2B	AMRAP 10 minutes 3 Bench Presses @ increasing weight						
	Iron	Bronze	Silver	Gold	Platinum	Reps	Total reps
Round 1	40/20	50/30	60/35	70/40	80/45	3	3
Round 2	45/22,5	55/32,5	65/37,5	75/42,5	85/47,5	3	6
Round 3	50/25	60/35	70/40	80/45	90/50	3	9
Round 4	55/27,5	65/37,5	75/42,5	85/47,5	95/52,5	3	12
Round 5	60/30	70/40	80/45	90/50	100/55	3	15
Round 6	65/32,5	75/42,5	85/47,5	95/52,5	105/57,5	3	18
Round 7	70/35	80/45	90/50	100/55	110/60	3	21
Round 8	75/37,5	85/47,5	95/52,5	105/57,5	115/62,5	3	24
Round 9	80/40	90/50	100/55	110/60	120/65	3	27
Round 10	85/42,5	95/52,5	105/57,5	115/62,5	125/67,5	3	30
Round 11	90/45	100/55	110/60	120/65	130/70	3	33
Round 12	95/47,5	105/57,5	115/62,5	125/67,5	135/72,5	3	36
Round 13	100/50	110/60	120/65	130/70	140/75	3	39
Round 14	105/52,5	115/62,5	125/67,5	135/72,5	145/77,5	3	42
Round 15	110/55	120/65	130/70	140/75	150/80	3	45
Round 16	115/57,5	125/67,5	135/72,5	145/77,5	155/82,5	3	48
<b>TOTAL REPS MADE</b>							

NAME ATHLETE: \_\_\_\_\_

DIVISION: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_





**EVENT 2B—TEENS**

Complete as many reps as possible in 10 minutes of:

9 Medball Situps (Boys 6kg, Girls 4kg)

8 Shuttle Sprint (5m each)

7 Wall Balls Light (Boys 6kg, Girls 4kg)

**EQUIPMENT**

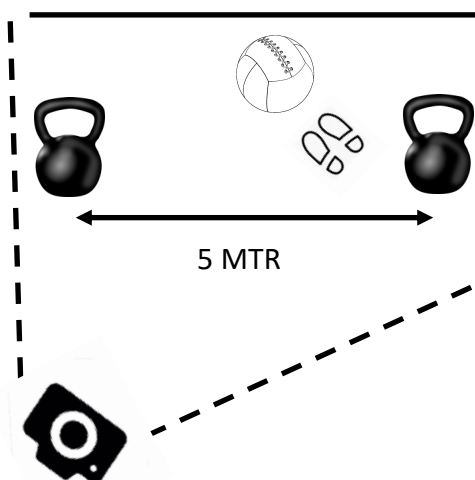
- Medball
- 2 Kettlebells
- Abmat (optional)

**WORKOUT FLOW**

The workout starts with the athlete standing tall, with the medball on the floor. On the count of 3-2-1-GO the athlete may start the workout and touch the medball. The athlete performs 9 medball sit-ups, followed by 8 shuttle sprints, followed by 7 wall balls light. The athlete performs as many rounds of this as possible in 10 minutes.

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 and division. Then show the weight of the medball and measure the distance between the 2 kettlebells (must be 5 meter)

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.

***MOVEMENT STANDARDS******MEDBALL SIT UP***

Only an abmat may be used for the sit-ups. This is not mandatory. No other objects may be used to anchor the abmat or feet.

The movement starts with the athlete seated with the medball touching the floor in front of the feet. The athlete will lie back on the floor, with the back in contact with the floor. Feet are touching each other. The medball touches the floor above the head of the athlete. Athlete raises their torso so their shoulders are over the hips and the medball touches the floor in front of the feet. Feet are touching each other.

***SHUTTLE SPRINT***

For this movement, you need 2 kettlebells which are exactly 5 meters apart from each other. The athlete starts touching the floor behind 1 kettlebell, then sprints to the other kettlebell to touch the floor there (= rep 1), then sprints back to the first kettlebell (= rep 2) etc, Each time the athlete needs to touch the floor.

***WALL BALL LIGHT***

Girls will use a 10lb or 4kg wall ball and throw to a 9 foot target.

Boys will use a 14lb or 6kg wall ball and throw to a 10 foot target.

In the start of the Wall Ball, the medicine ball must be in the support position in front of the body. The athlete bents the knees and hips (makes a dip). The athlete throws the ball to the target. The rep is credited when the center of the ball hits the target at or above the specified height.

**TEENS**

<b>EVENT 2B</b>			<i>AMRAP 10 minutes</i>	
			9 Medball Situps (Boys 6kg, Girls 4kg)	
			8 Shuttle Sprint (5m each)	
			7 Wall Balls Light (Boys 6kg, Girls 4kg)	
	9 MB Sit-ups	8 Shuttle Sprint	7 WB Light	Total reps
Round 1	9	17	24	
Round 2	33	41	48	
Round 3	57	65	72	
Round 4	81	89	96	
Round 5	105	113	120	
Round 6	129	137	144	
Round 7	153	161	168	
Round 8	177	185	192	
Round 9	201	209	216	
Round 10	225	233	240	
Round 11	249	257	264	
Round 12	273	281	288	
Round 13	297	305	312	
Round 14	321	329	336	
Round 15	345	353	360	
Round 16	369	377	384	
<b>TOTAL REPS MADE</b>				

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



***WEIGHT CONVERSION***

KG	POUNDS	KG	POUNDS	KG	POUNDS
20	45	60	132	120	265
22,5	50	62,5	137	125	275
25	55	65	143	130	285
27,5	60	67,5	150	135	300
30	65	70	155	140	308
32,5	70	72,5	160	145	320
35	77	75	165	150	330
37,5	82	77,5	170	155	340
40	88	80	175	160	352
42,5	93	82,5	180	165	363
45	100	90	198	170	375
47,5	105	95	210	175	385
50	110	100	220	180	395
52,5	115	105	230	185	407
55	120	110	242	190	418
57,5	125	115	253	195	429

Dumbbells		Kettlebells		Medball	
KG	POUNDS	KG	POUNDS	KG	POUNDS
5	10	8	18	4	10
10	22	12	26	6	14
15	35	16	35	9	20
22,5	50	20	45		
		24	53		
		28	62		
		32	70		

*Stated weights in pounds are a minimum.*