

Welcome to Event three!

Both events do not have to be performed on the same day.

For some of you this workouts will be a challenge. Scaling is not an option. Stick to the movements that are assigned to your division and give it all you've got.

In case of a tie, the athlete with the highest ranking will receive the prize. If both athletes have the same ranking, the athlete with the highest rank on event 2b will receive the prize.

Good luck

EVENT 3A—ALL DIVISIONS

Timecap: 12 minutes

Teens	Iron	Bronze	Silver	Gold	Platinum
3 Rounds for Time 21 Deadlifts 15 Ring Rows 9 Bar Facing Burpees over Bar			3 Rounds for Time 21 Deadlifts 15 Pull-ups 9 Bar Facing Burpees over Bar		3 Rounds for Time 21 Deadlifts 15 Chest to Bar Pull-ups 9 Bar Facing Burpees over Bar
30/25kg	50/35kg	60/40kg	70/45kg	85/55kg	100/65kg

EQUIPMENT

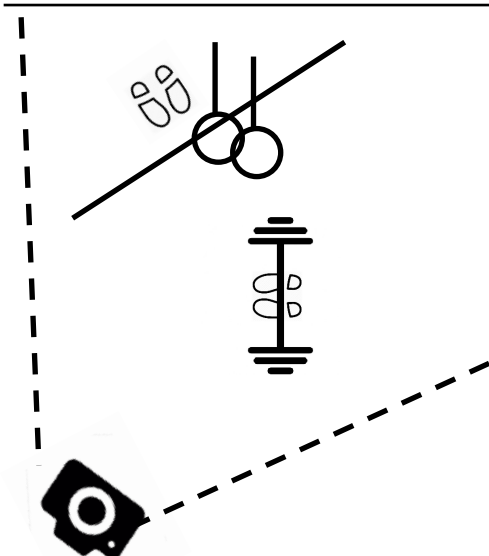
- Barbell + collars (Female use 15kg, male use 20kg)
- Bumperplates
- Rings (Teens, Iron, Bronze)
- Pull-up rig (Silver, Gold, Platinum)

WORKOUT FLOW

The workout starts with the athlete standing tall behind the barbell. On the count of 3-2-1-GO the athlete may start the workout and perform 21 deadlifts, followed by 15 Ring Rows/Pullups and 9 Bar Facing Burpees over Bar. The athlete completes 3 rounds in total.

The score for this workout is the total time to perform 3 rounds OR the number of reps completed within the 12 minute timecap. There is no tiebreak 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 division. Show the weight of the barbell + 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.

MOVEMENT STANDARDS

DEADLIFT

The movement starts with the barbell touching the floor with both bumper plates at the same time. The athlete stands behind the bar and picks the bar up with both hands outside the legs (no sumo deadlifts). The athlete lifts the weight up until hips and knees are fully extended and the shoulders are behind the barbell. This is one repetition.

Touch and go reps are allowed, bouncing (slamming the bar into the floor to use the bounce) is not allowed.

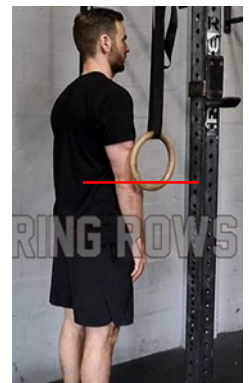
RING ROW

PREPARATION

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

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.

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.



PULL-UP

The movement starts with the athlete hanging from the rig, 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. Pronated, supinated and mixed grip are allowed. Tape and/or grips are allowed.

CHEST TO BAR PULL-UP

The movement starts with the athlete hanging from the rig, 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. Pronated, supinated and mixed grip are allowed. Tape and/or grips are allowed.

BAR FACING BURPEE OVER BAR

The burpee must be performed perpendicular to and facing the barbell. All athletes must use a barbell with 18inch plates for the burpees.

The athlete jumps or steps back to lie on the ground. The athlete's head must be behind the barbell. The chest and thighs must touch the ground at the bottom. The hands and feet must remain inside the width of the plates at the bottom of the burpee.

From this position, the athlete can step or jump to their feet. The athlete must jump over the barbell using a two-foot take-off. Stepping over the barbell is not allowed, except for the Iron Division. The athlete does not need to land with both feet at the same time. For the next rep, the athlete must be perpendicular to and facing the barbell on this side of the barbell.

Get started**Step 1—equipment**

Set up your barbell, rings/pull-up bar 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 Glute Bridges

10 Russian Kettlebell Swings

10 Banded Facepulls

5 Push-ups

Rest as needed, then build up your deadlift to your workout weight. Also warm up your Pull-up (if applicable).

Then 3 rounds, increasing in speed:

5 Deadlifts

5 Ring Rows / Pull-ups

5 Bar Facing Burpees over Bar

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 barbell and plates
- Show the measures of the ring row (if applicable)
- Turn on the clock and let's go!

TEENS, IRON & BRONZE

<p><i>3 Rounds for time - TIMECAP 12 minutes</i></p> <p>EVENT 3A</p> <p>21 Deadlifts 15 Ring Rows 9 Bar Facing Burpees over Bar</p>			
	21 Deadlifts	15 Ring Rows	9 Bar Facing Burpees over Bar
Round 1			
Round 2			
Round 3			
TOTAL REPS MADE			

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

SILVER & GOLD

<p>EVENT 3A</p> <p><i>3 Rounds for time - TIMECAP 12 minutes</i></p> <p>21 Deadlifts</p> <p>15 Pull-ups</p> <p>9 Bar Facing Burpees over Bar</p>			
	21 Deadlifts	15 Pull-ups	9 Bar Facing Burpees over Bar
Round 1			
Round 2			
Round 3			
TOTAL REPS MADE			

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

PLATINUM

<p><i>3 Rounds for time - TIMECAP 12 minutes</i></p> <p>EVENT 3A</p> <p>21 Deadlifts 15 Chest to Bar Pull-ups 9 Bar Facing Burpees over Bar</p>			
	21 Deadlifts	15 C2B Pull-ups	9 Bar Facing Burpees over Bar
Round 1			
Round 2			
Round 3			
TOTAL REPS MADE			

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

EVENT 3B—ALL DIVISIONS

Teens	Iron	Bronze	Silver	Gold	Platinum
15/10kg	30/20kg	35/25kg	40/30kg	50/35kg	60/40kg
From 0:00—3:00 Complete as many reps as possible in 3 minutes of					
4 Front Squats 1 Wall Walk (=2 reps) OR 2 HSPU Light	4 Front Squats 1 Wall Walk	4 Front Squats 2 Wall Walks	4 Front Squats 4 Wall Walks OR 4 HSPU Light	4 Front Squats 4 HSPU Rx	12 Front Squats 12 HSPU Rx
From 3:00—4:00 REST					
From 4:00—7:00 Complete as many reps as possible in 3 minutes of:					
8 Front Squats 2 Wall Walks (=4 reps) OR 4 HSPU Light	8 Front Squats 2 Wall Walk	8 Front Squats 4 Wall Walks	8 Front Squats 8 Wall Walks OR 8 HSPU Light	8 Front Squats 8 HSPU Rx	8 Front Squats 8 Deficit HSPU (5CM)
From 7:00—8:00 REST					
From 8:00—11:00 Complete as many reps as possible in 3 minutes of:					
12 Front Squats 3 Wall Walks (=6 reps) OR 6 HSPU Light	12 Front Squats 3 Wall Walk	12 Front Squats 6 Wall Walks	12 Front Squats 12 Wall Walks OR 12 HSPU Light	12 Front Squats 12 HSPU Rx	4 Front Squats 4m HS Walk

EQUIPMENT

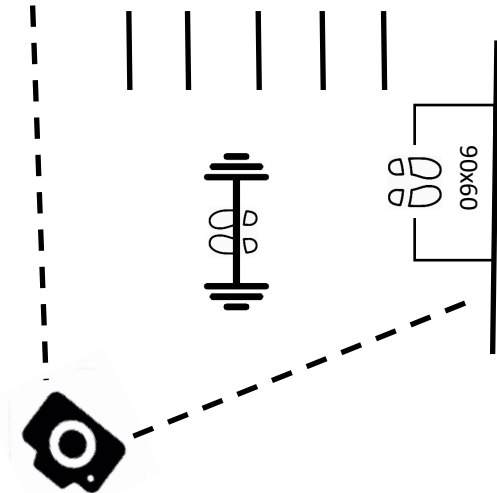
- Barbell + collars (Female use 15kg, male use 20kg)
- Bumperplates
- Wall
- Tape

WORKOUT FLOW

The workout starts with the athlete standing tall behind the barbell. On the count of 3-2-1-GO the athlete may touch the barbell and perform 4/12 Front Squats, followed by the assigned handstand variation. This is an AMRAP of 3 minutes. When the clock hits 3:00, the athlete rests until 4:00. When the clock hits 4:00 the athlete starts again with 8 front squats, followed by the assigned handstand variation. This is an AMRAP of 3 minutes. When the clock hits 7:00, the athlete rests until 8:00. When the clock hits 8:00 the athlete starts again with 12/4 front squats, followed by the assigned handstand variation. This is the last AMRAP of 3 minutes.

The score for this workout is the total number of reps completed within the 11 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 measures of the Wall Walk OR HSPU. Also show the distance for the handstand walk if you're in platinum. Show the weights on the bar.

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

An ascending clock (0 -> 11) 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

FRONT SQUAT

The movement starts with the athlete standing tall with the barbell at the front rack position, where the elbows are in front of the bar, and hips and knees fully extended. The athlete squats down until below parallel, where the hip crease is clearly below the kneecap. The rep is credited when the hips and knees are fully extended, the bar is in the front rack position, with elbows in front of the bar.

The barbell must come from the floor for the first rep, a rack is not allowed. A squat clean as the first rep is allowed.

WALL WALK

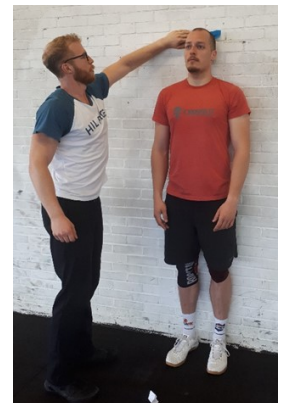
PREPARATION

Start with the athlete standing tall with his heels and back against the wall, hips and knees fully extended. A line needs to be drawn straight at the top of the athlete's head. Put tape over this line on the wall. On the video, show us clearly the measurement.

MOVEMENT

The movement starts with the athlete lying on the floor, hips and chest in contact with the floor, feet in contact with the wall, and hands off the floor (handreleased).

The athlete climbs up the wall until both feet are clearly above the taped line. Hands need to be on the floor, and no other body parts may touch the floor. This is one repetition. The athlete may descent as he wants to.



HANDSTAND PUSH-UP (Rx / LIGHT / Deficit)

PREPARATION

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.

For RX: hands and head should be at same height. If an abmat and plates are used, make sure the plates and abmat are at the same level.

For Light: an abmat may be used without plates next to it.

For Deficit: head should be 5cm lower than the hands by placing additional plates next to the abmat. Clearly show the 5cm with a ruler on the video!

MOVEMENT

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.

HANDSTAND WALK

PREPARATION

Before starting, tape 5 lines on the floor in one straight line, each line being 1m apart from each other. Also show the distance of 4 meters on the video. In case you don't have the space for 4 meters straight, working with 3 lines and walking 2x2m is also allowed, as long as the standards are met. Every 1 meter = 1 rep.

MOVEMENT

Kick up with both hands behind the line. Stepping over the line or starting with the hands on or over the line is a "no rep". Must walk forward. Coming down from the hands at any time requires a restart from behind the last line completely crossed. Hands need to completely pass the tape for the rep to be credited. Jumping the hands over the line for a finish is not allowed.

Get started

Step 1—equipment

Set up your barbell, Wall Walk / HSPU / HS Walk setup and the camera. Tape everything that needs to be taped. 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 Goblet Squats

10 Russian Kettlebell Swings

5 Kettlebell Windmills each arm

5 Push-ups

Then warm up your front squat to workout weight.

Also perform a few wall walks / HSPU.

Then 3 rounds, increasing in speed

5 Front Squats

1 Wall Walk / 3 HSPU

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 barbell and plates
- Show the measures of the Wall Walk / HSPU / Deficit / Handstand Walk
- Turn on the clock and let's go!

TEENS
EVENT 3B
15/10kg

Teens may choose between HSPU Light or Wall Walks. Every Wall Walk = 2 reps.

Teens mogen kiezen tussen HSPU Light of Wall Walks. Elke Wall Walk telt voor 2 reps.

		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
From 0:00 - 3:00	4 Front Squats	4	10	16	22	28	34	40	46
	1 Wall Walk OR 2 HSPU Light	6	12	18	24	30	36	42	48
TOTAL NUMBER OF REPS									
From 4:00 - 7:00	8 Front Squats	8	20	32	44	56	68	80	92
	2 Wall Walks OR 4 HSPU Light	12	24	36	48	60	72	84	96
TOTAL NUMBER OF REPS									
From 8:00 - 11:00	12 Front Squats	12	30	48	66	84	102	120	138
	3 Wall Walks OR 6 HSPU Light	18	36	54	72	90	108	126	144
TOTAL NUMBER OF REPS									
TOTAL REPS MADE									

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

IRON

EVENT 3B

30/20kg

		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
From 0:00 - 3:00	4 Front Squats	4	9	14	19	24	29	34	39
	1 Wall Walk	5	10	15	20	25	30	35	40
TOTAL NUMBER OF REPS									
From 4:00 - 7:00	8 Front Squats	8	18	28	38	48	58	68	78
	2 Wall Walks	10	20	30	40	50	60	70	80
TOTAL NUMBER OF REPS									
From 8:00 - 11:00	12 Front Squats	12	27	42	57	72	87	102	117
	3 Wall Walks	15	30	45	60	75	90	105	120
TOTAL NUMBER OF REPS									
TOTAL REPS MADE									

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

BRONZE

EVENT 3B

35/25kg

		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
From 0:00 - 3:00	4 Front Squats	4	10	16	22	28	34	40	46
	2 Wall Walks	6	12	18	24	30	36	42	48
TOTAL NUMBER OF REPS									
From 4:00 - 7:00	8 Front Squats	8	20	32	44	56	68	80	92
	4 Wall Walks	12	24	36	48	60	72	84	96
TOTAL NUMBER OF REPS									
From 8:00 - 11:00	12 Front Squats	12	30	48	66	84	102	120	138
	6 Wall Walks	18	36	54	72	90	108	126	144
TOTAL NUMBER OF REPS									
TOTAL REPS MADE									

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

SILVER

EVENT 3B

40/30kg

Silver athletes may choose between Wall Walks or HSPU Light. Every rep = 1 rep.

		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
From 0:00 - 3:00	4 Front Squats	4	12	20	28	36	44	52	60
	4 Wall Walks OR 4 HSPU Light	8	16	24	32	40	48	56	64
TOTAL NUMBER OF REPS									
From 4:00 - 7:00	8 Front Squats	8	24	40	56	72	88	104	120
	8 Wall Walks OR 8 HSPU Light	16	32	48	64	80	96	112	128
TOTAL NUMBER OF REPS									
From 8:00 - 11:00	12 Front Squats	12	36	60	84	108	132	156	180
	12 Wall Walks OR 12 HSPU Light	24	48	72	96	120	144	168	192
TOTAL NUMBER OF REPS									
TOTAL REPS MADE									

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

GOLD

EVENT 3B

50/35kg

		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
From 0:00 -	4 Front Squats	4	12	20	28	36	44	52	60
	4 HSPU Rx	8	16	24	32	40	48	56	64
TOTAL NUMBER OF REPS									
From 4:00 - 7:00	8 Front Squats	8	24	40	56	72	88	104	120
	8 HSPU Rx	16	32	48	64	80	96	112	128
TOTAL NUMBER OF REPS									
From 8:00 -	12 Front Squats	12	36	60	84	108	132	156	180
	12 HSPU Rx	24	48	72	96	120	144	168	192
TOTAL NUMBER OF REPS									
TOTAL REPS MADE									

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

PLATINUM

EVENT 3B

60/40kg

For the Handstand Walk, every 1m = 1 rep.

		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8
From 0:00 - 3:00	12 Front Squats	12	36	60	84	108	132	156	180
	12 HSPU Rx	24	48	72	96	120	144	168	192
TOTAL NUMBER OF REPS									
From 4:00 - 7:00	8 Front Squats	8	24	40	56	72	88	104	120
	8 Deficit HSPU	16	32	48	64	80	96	112	128
TOTAL NUMBER OF REPS									
From 8:00 - 11:00	4 Front Squats	4	12	20	28	36	44	52	60
	4m HS Walk	8	16	24	32	40	48	56	64
TOTAL NUMBER OF REPS									
TOTAL REPS MADE									

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____