

Welcome to Event four

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 4b will receive the prize.

Good luck

EVENT 4A—ALL DIVISIONS

Timecap: 5 minutes

Teens	Iron	Bronze	Silver	Gold	Platinum
<p>5 minutes to find your 1 RM Clean</p> <p>This can be any style: squat clean, power clean, hang power clean, split clean.</p> <p>But the weight can only go up.</p>					

EQUIPMENT

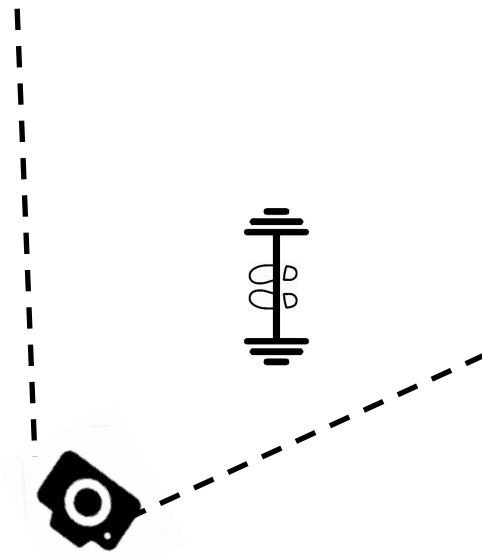
- Barbell + collars (Female use 15kg, male use 20kg)
- Bumperplates

WORKOUT FLOW

The workout starts with the athlete standing tall behind the loaded barbell. On the count of 3-2-1-GO the athlete may start and perform a clean. If successful, the athlete may add weight to the barbell and perform another attempt. The athlete may perform as many attempts as he/she wants, but the weight can only go up. No one else may assist in loading the barbell.

The score for this workout is the weight that is successfully lifted. Only full KGs may be logged, 37,5 will be 37kg.

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 at the END of the workout.

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

An ascending clock (0 -> 5) 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.

GENERAL RULES

- 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 do not count for weight on the barbell.
- 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

MOVEMENT STANDARDS***CLEAN ANYHOW***

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 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.

FOR THIS WORKOUT ONLY

A hang clean is also allowed.

Get startedStep 1—equipment

Set up your barbell 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. Make sure to have all (small) plates you need!

Step 2—warming up

For example:

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

Rest as needed, then 3 rounds of

5 inchworm walkouts

5 box jumps

10 air squats

30 seconds of a lat stretch

Rest as needed, then build up your clean to your workout weight. Beforehand, think on what weight you want to start. In those 5 minutes, you want to make a maximum of 3 attempts.

3 x 3 power/squat cleans w empty bar

2 x 2 power/squat cleans @ 40%

2 x 2 power/squat cleans @ 60%

1 x 2 power/squat cleans @ 70%

1 x 1 power/squat clean @ 80%

1 x 1 power/squat clean @ 90%

Step 3— Gametime

Get your judge and turn on the camera:

- State you name + division
- Turn on the clock and let's go!
- Show the weight of the barbell and plates after your final lift

ALL DIVISIONS

EVENT 4A		<i>5 mins for 1RM CLEAN ANYHOW But the weight can only go up</i>	
Attempt 1			
Attempt 2			
Attempt 3			
Attempt 4			
MAX KG LIFTED			

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



EVENT 4B—ALL DIVISIONS

AMRAP 15 minutes

Teens	Iron	Bronze
15 Wall Balls Light 6/4kg 10 Single DB STOH 10/5kg 10 Leg Raises	15 Wall Balls Light 9/6kg 10 Single DB STOH 15/10kg 10 Leg Raises	15 Wall Balls 9/6kg 10 Single DB STOH 15/10kg 10 Single Leg Toes to Bar
Silver	Gold	Platinum
3 Snatches 40/30kg 6 Toes to Bar 9 Wall Balls 9/6kg	3 Snatches 50/35kg 6 Toes to Bar 9 Wall Balls 9/6kg	3 Snatches 60/42,5kg 6 Toes to Bar 9 Wall Balls 9/6kg

EQUIPMENT

- Barbell + collars (Female use 15kg, male use 20kg)
- Bumperplates
- Wall
- Medball
- Dumbbell
- Pull-up Rig

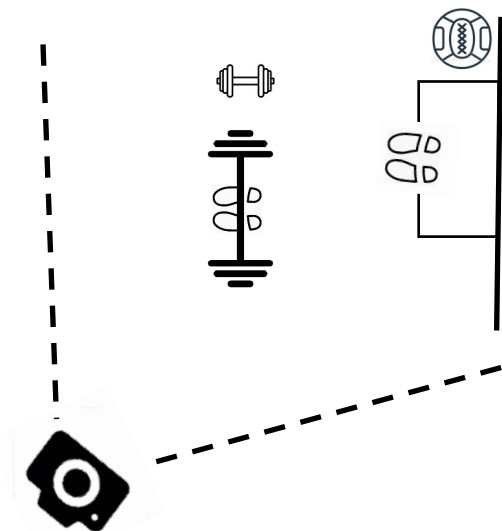
WORKOUT FLOW

The workout starts with the athlete standing tall behind the barbell/medball. On the count of 3-2-1-GO the athlete may touch the barbell/medball and perform 15 wall balls / 3 snatches, followed by 10 DB Shoulder to Overheads / 6 Toes to Bars, followed by 10 Leg Raises / single leg toes to bar / 9 Wall Balls. This is an AMRAP of 15 minutes. The athlete completes as many rounds and reps as possible.

The score for this workout is the total number of reps completed within the 15 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 weights of the dumbbell, medball, plates and barbell.

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

An ascending clock (0 -> 15) 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***GENERAL RULES***

- Tape and/or grips may be used.
- Using a box to get into the rig/rings is allowed. Jumping toes to bar are not allowed.
- Only 1 barbell may be used (20kg for male, 15kg for female)
- All materials needs to be moved from the floor for all movements.
- Clips must always be on the outside of all plates. Clips do 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

WALL BALL LIGHT

Teen Girls will use a 8-10lb or 4kg wall ball and throw to a 9 foot target.

Female & Teen Boys will use a 14lb or 6kg wall ball and throw to a 9 foot target.

Male will use a 20lb or 9kg 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 knee to make a dip, a full squat is not required in the wall ball light. 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.

WALL BALL

Female will use a 14lb or 6kg wall ball and throw to a 9 foot target.

Male will use a 20lb or 9kg 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 squats until the hip crease is below the knee. 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.

SINGLE DUMBBELL SHOULDER TO OVERHEAD

The movement starts with the dumbbell on the shoulder, with hips and knees fully extended. One head of the dumbbell is in contact with the shoulder. The athlete may use a strict press, push press or push jerk to get the dumbbell overhead.. The rep is credited when the dumbbell is above the shoulder, with hips, knees and elbow in full extension. The athlete has control over the dumbbell.

A switch may be made at any point after the rep is given. Make sure to have control at the end of the rep before lowering the dumbbell. The non-working arm may not be in contact with the body or dumbbell at any point during the movement.

BARBELL SNATCH

The movement starts with both bumper plates in contact with the floor. The athlete moves the bar to overhead position in one fluent motion (clean and presses are not allowed). In the end position, the barbell must come to full lockout overhead, with hips, knees and arms fully extended, and the barbell directly over or slightly behind the middle of the body. Feet are underneath the body at hip width stance. The athlete has full control over the bar. The barbell must be dropped in front of the body. Dropping the barbell behind results in a no-rep.

This may be a muscle snatch, power snatch, squat snatch or split snatch as long as all standards are met. Straps are not allowed. Touching the floor with your knees is not allowed. Hang snatches etc are not allowed.

LEG RAISE

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 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, 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, 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.

Get started**Step 1—equipment**

Set up your barbell, dumbbell, medball 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 Kip Swings

10 Air Squats

5 Kettlebell Windmills each arm

5 V-ups

Then warm up your snatch to workout weight. (silver/gold/platinum only)

Also perform a few leg raises / toes to bar.

Then 3 rounds, increasing in speed

6 Wall Balls (light)

1 Snatch

6 Dumbbell Push Presses

3 Toes to Bar

6 Leg Raises / SL Toes to Bar

5 Wall Balls

Rest 1 minute between rounds

Step 3— Gametime

Get your judge and turn on the camera:

- State you name + division
- Show the weight of the barbell, plates, medball and dumbbell
- Turn on the clock and let's go!

AMRAP 15

	Teens	Iron	Bronze
EVENT 4B	15 Wall Balls Light 6/4kg 10 Single DB Push Press 10/5kg 10 Leg Raises	15 Wall Balls Light 9/6kg 10 Single DB Push Press 15/10kg 10 Leg Raises	15 Wall Balls 9/6kg 10 Single DB Push Press 15/10kg 10 Single Leg Toes to Bar
	15 Wall Balls (light)	10 Single DB PP	10 LR / SLT2B
ROUND 1	15	25	35
ROUND 2	50	60	70
ROUND 3	85	95	105
ROUND 4	120	130	140
ROUND 5	155	165	175
ROUND 6	190	200	210
ROUND 7	225	235	245
ROUND 8	260	270	280
ROUND 9	295	305	315
ROUND 10	330	340	350
ROUND 11	365	375	385
ROUND 12	400	410	420
ROUND 13	435	445	455
ROUND 14	470	480	490
ROUND 15	505	515	525
ROUND 16	540	550	560
TOTAL NUMBER OF REPS			

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



AMRAP 15

	Silver	Gold	Platinum
EVENT 4B	3 Snatches 40/30kg 6 Toes to Bar 9 Wall Balls 9/6kg	3 Snatches 50/35kg 6 Toes to Bar 9 Wall Balls 9/6kg	3 Snatches 60/42,5kg 6 Toes to Bar 9 Wall Balls 9/6kg
	3 Snatches	6 Toes to Bar	9 Wall Balls
ROUND 1	3	9	18
ROUND 2	21	27	36
ROUND 3	39	45	54
ROUND 4	57	63	72
ROUND 5	75	81	90
ROUND 6	93	99	108
ROUND 7	111	117	126
ROUND 8	129	135	144
ROUND 9	147	153	162
ROUND 10	165	171	180
ROUND 11	183	189	198
ROUND 12	201	207	216
ROUND 13	219	225	234
ROUND 14	237	243	252
ROUND 15	255	261	270
ROUND 16	273	279	288
TOTAL NUMBER OF REPS			

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

