

Welcome to the last event of the season!

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 5b will receive the prize.

Good luck

EVENT 5A—ALL DIVISIONS

Timecap: 7 minutes

Teens	Iron	Bronze	Silver	Gold	Platinum
For time 20/15 Calories Row 15 Devil's Presses	For time 30/24 Calories Row 15 Devil's Presses				
1x 15/10kg	1x 15/10kg	1x22,5/15kg	2x15/10kg	2x22,5/15kg	

EQUIPMENT

- Concept 2 rower
- Dumbbell(s)

WORKOUT FLOW

The workout starts with the athlete sitting on the rower. The athlete may not touch the handle of the rower yet. On the count of 3-2-1-GO the athlete may start and row the assigned calories. Once the screen on the rower is on 0, the athlete may release the handle, step off the rower and perform his/her devil's presses.

The score for this workout is the total time for the athlete to complete the row and devil's presses. If the athlete does not perform all reps within the timecap of 7 minutes, the number of reps is the score.

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

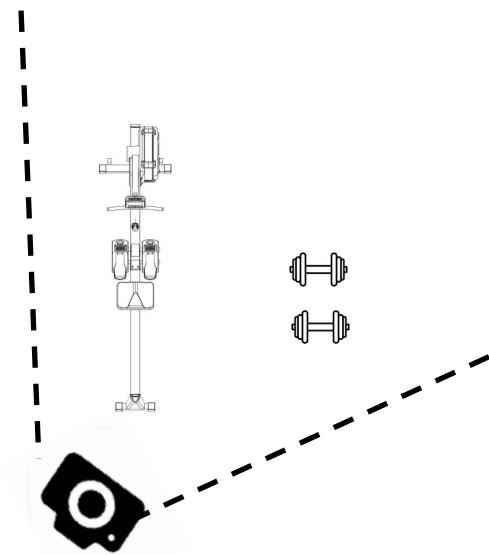
Start the video with stating your full name and division. Show the weight of the dumbbell(s) and the screen of the monitor.

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

An ascending clock (0 -> 7) 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

- 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

PREPARATION

Start with setting up the monitor:

Select Workout -> New Workout -> Single Calories-> 30/24/20/15 -> Checkmark

Need help? <https://www.concept2.nl/nl/service/monitors/pm5/gebruiksaanwijzing/een-afstandstraining-instellen>

MOVEMENT STANDARDS**ROW**

Start with setting up the monitor as stated in the preparation details. Show the end screen clearly on your video. Note that you can't touch the handle before the timer starts. The athlete must stay seated on the rower until the screen is at 0 calories.

DEVIL'S PRESS

This movement starts with the dumbbells on the ground. The athlete must reach a push up position holding both dumbbells, the chest making full contact with the ground, and then raise both dumbbells to an overhead position in one movement. The rep is credited when the dumbbells are locked out overhead, with the hips, knees, and arms fully extended; and both dumbbells are directly over or slightly behind the middle of the body. Hands must remain in contact with the dumbbells throughout the entire movement, including the burpee. A clean & jerk or any pause resulting in the dumbbells making contact with the body is not allowed.

For divisions with only 1 dumbbell, the same standards apply. The dumbbell may be switched from one hand to another after the rep is completed. Alternating reps is optional.

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.

Step 2—warming up

For example:

5 minutes of easy rowing, full strokes

Rest as needed, then 3 rounds of

5 push-ups

5 dumbbell push presses

10 air squats

Rest as needed, then 3 sets at increasing speed:

30 sec row

20 sec devil's presses

1 minute rest

Step 3— Gametime

Get your judge and turn on the camera:

- State your name + division
- Show the weight of the dumbbells + row screen
- Turn on the clock and let's go!

ALL DIVISIONS

<p>EVENT 5A</p> <p>For Time - cap 7 minutes</p> <p>30/24 Calorie Row (Teens 20/15)</p> <p>15 Devil's Presses</p>			
Calories			
Devil's presses			
FINISH TIME OR TOTAL REPS			

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

EVENT 5B

Teens	Iron	Bronze
For Time - CAP 15 minutes 30 Box Jump/Step Overs 60/50cm 30 Hang to Overhead 20/15kg 30 Medball Sit-ups 6/4kg 30 Thrusters 20/15kg 30 Box Jump/Step Overs 60/50cm	For Time - CAP 15 minutes 30 Box Jump/Step Overs 60/50cm 30 Ground to Overhead 35/25kg 30 Medball Sit-ups 9/6kg 30 Thrusters 35/25kg 30 Box Jump/Step Overs 60/50cm	For Time - CAP 15 minutes 30 Box Jump Overs 60/50cm 30 Ground to Overhead 40/30kg 30 Medball Sit-ups 9/6kg 30 Thrusters 40/30kg 30 Box Jump Overs 60/50cm

EQUIPMENT

- Barbell + collars (Female use 15kg, male use 20kg)
- Bumperplates
- Plyobox
- Medball
- Abmat (optional)

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 with 30 box overs. If completed, the athlete performs 30 Barbell Ground to Overhead (Hang for teens), followed by 30 Medball Sit-ups, 30 Barbell Thrusters and 30 Box overs. There is no tiebreak time.

The score for this workout is the total time it took to complete all 150 reps, or the 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

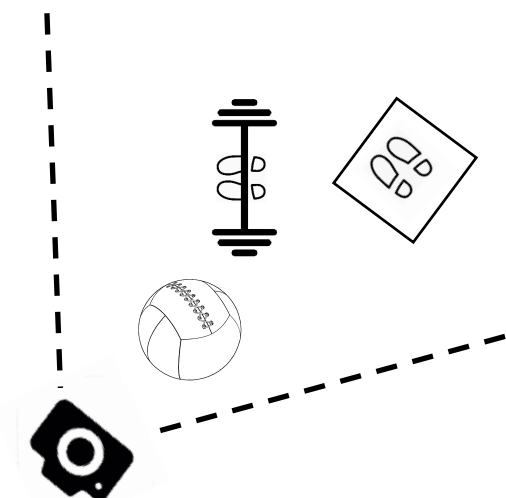
Start the video with stating your full name and division. Then show the weights of the plates and barbell. Also show the height of the box.

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.



EVENT 5B

Silver	Gold	Platinum
AMRAP 12 minutes 21 Thrusters 40/30kg 21 Ring Rows 15 Thrusters 50/35kg 15 Pull-ups 9 Thrusters 60/40kg 9 Pull-ups AMRAP in remaining time of: 3 Thrusters 60/40kg 3 Chest to Bar Pull-ups	AMRAP 12 minutes 21 Thrusters 40/30kg 21 Pull-ups 15 Thrusters 55/37,5kg 15 Chest to Bar Pull-ups 9 Thrusters 70/45kg 9 Chest to Bar Pull-ups AMRAP in remaining time of: 3 Thrusters 70/45kg 3 Bar Muscle Ups	AMRAP 12 minutes 21 Thrusters 40/30kg 21 Pull-ups 15 Thrusters 60/40kg 15 Chest to Bar Pull-ups 9 Thrusters 80/50kg 9 Bar Muscle Ups AMRAP in remaining time of: 3 Thrusters 80/50kg 3 Ring Muscle Ups

EQUIPMENT

- Barbell + collars (Female use 15kg, male use 20kg)
- Bumperplates
- Pull-up rig
- Low Rings (Silver)
- High Rings (Platinum)

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 touch the barbell and perform 21 thrusters at the assigned weight. Then the athlete performs 21 Ring Rows / Pull-ups (depending on their division). The athlete may only use one barbell and must add weight on his own. This can be done before or after the 21 Ring Rows/Pull-ups. Then the athlete performs 15 thrusters at a heavier weight, followed by 15 (Chest to Bar) Pull-ups. Then again, weight must be added for the set of 9 heavier thrusters, followed by 9 Pull-ups / Chest to Bars / Bar Muscle Ups. If all 90 reps are completed within the 12 minutes, the athlete advances to max reps in remaining time of 3 Thrusters and 3 Chest to Bar Pull-ups / Muscle-ups.

There is a tiebreak time after every set of thrusters. The score for this workout is the total number of reps completed within the 12 minutes + last 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

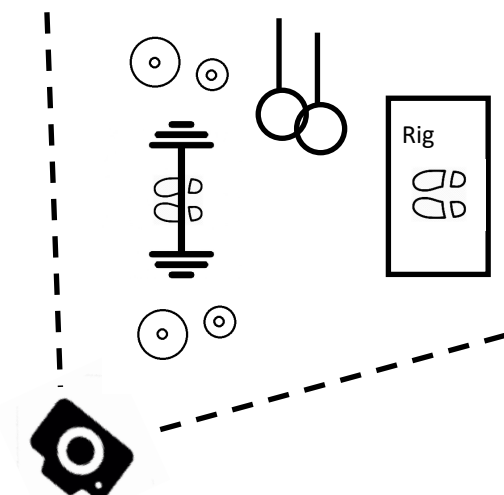
Start the video with stating your full name and division. Then show the weights of the plates and barbell. Also show the ring row set-up

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

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). No one else than the athlete may load/unload the bar.
- 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

THRUSTER

The movement starts with the barbell in front rack position, while the athlete squats down until the hip crease is below the kneecap. Then the athlete presses the bar up, coming in full extension with the barbell straight above his/her head. Elbows, hips and knees are fully extended and the athlete has control over the bar. A squat clean thruster as first rep is 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.

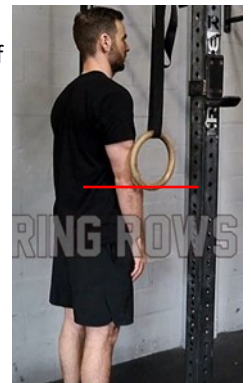
Start with taping a **clear line** on the floor, straight under the rings. This must be taped so it can be viewed from your chosen camera angle. For the height of the rings, the athlete needs to stand tall in between the rings, and with feet on the line. The arms hanging relaxed next to the body. The 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 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.

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. Hands may not touch the box.

BOX STEP OVER

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 on top of the box at the same time. The athlete steps/jumps off the box on the other side. Hands may not touch the box.

GROUND TO OVERHEAD

The movement starts with the barbell with both bumper plates on the floor. The athlete moves the barbell to an overhead position in which the barbell is straight above the head of the athlete with hips, knees and elbows fully locked out. The athlete has control over the barbell. This can be a snatch or clean and jerk movement. A hang clean/snatch is allowed.

HANG TO OVERHEAD

The movement starts with the barbell with below the hips. This may be at mid thigh, knees or below the knees as long as the barbell is below the hips. The athlete moves the barbell to an overhead position in which the barbell is straight above the head of the athlete with hips, knees and elbows fully locked out. The athlete has control over the barbell. This can be a hang snatch or hang clean and jerk movement.

MEDBALL SIT-UPS

The movement starts with the athlete seated with the medball touching the floor in front of their feet. The athlete lies back on the floor, touching the floor with their upper back and the medball touching the floor behind his head. The athlete raises their torso so their chest is upright and the medball is touching the floor in front of their feet. Feet are touching each other.

Only an abmat may be used for the sit-ups, no other objects may be used to anchor the abmat or the feet.

Get started - Teens, Iron & Bronze

Step 1—equipment

Set up your barbell, extra plates 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 Air Squats

10 Box Step Ups

5 Kettlebell Windmills each arm

5 Empty barbell strict presses

Then warm up your ground to overhead and thruster to workout weight.

Then 3 rounds, increasing in speed:

3 Box Jump/Step Overs

3 Hang/Ground to Overhead

3 Sit-ups

3 Thrusters

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 and plates
- Turn on the clock and let's go!

Get started - Silver, Gold & Platinum

Step 1—equipment

Set up your barbell, extra plates 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 thruster to workout weight. Also perform a few ring rows / pull-ups

Then 3 rounds, increasing in speed

6 Thrusters @ weight 1

6 Ring Rows / Pull-ups

3 Thrusters @ weight 2

3 Pull-ups / Chest to Bars

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 and plates
- Turn on the clock and let's go!

FOR TIME—CAP 15

	Teens	Iron	Bronze
EVENT 5B	30 Box Jump/Step Overs 60/50cm 30 Hang to Overhead 20/15kg 30 Medball Sit-ups 6/4kg 30 Thrusters 20/15kg 30 Box Jump/Step Overs 60/50cm	30 Box Jump/Step Overs 60/50cm 30 Ground to Overhead 35/25kg 30 Medball Sit-ups 9/6kg 30 Thrusters 35/25kg 30 Box Jump/Step Overs 60/50cm	30 Box Jump Overs 60/50cm 30 Ground to Overhead 40/30kg 30 Medball Sit-ups 9/6kg 30 Thrusters 40/30kg 30 Box Jump Overs 60/50cm
30 Box Overs			30
30 Ground/Hang to Overhead			60
30 Medball Sit-ups			90
30 Thrusters			120
30 Box Overs			150
TOTAL TIME or NUMBER OF REPS			

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

	Silver	Gold	Platinum
EVENT 5B	AMRAP 12 minutes 21 Thrusters 40/30kg 21 Ring Rows 15 Thrusters 50/35kg 15 Pull-ups 9 Thrusters 60/40kg 9 Pull-ups AMRAP in remaining time of: 3 Thrusters 60/40kg 3 Chest to Bar Pull-ups	AMRAP 12 minutes 21 Thrusters 40/30kg 21 Pull-ups 15 Thrusters 55/37,5kg 15 Chest to Bar Pull-ups 9 Thrusters 70/45kg 9 Chest to Bar Pull-ups AMRAP in remaining time of: 3 Thrusters 70/45kg 3 Bar Muscle Ups	AMRAP 12 minutes 21 Thrusters 40/30kg 21 Pull-ups 15 Thrusters 60/40kg 15 Chest to Bar Pull-ups 9 Thrusters 80/50kg 9 Bar Muscle Ups AMRAP in remaining time of: 3 Thrusters 80/50kg 3 Ring Muscle Ups
21 Thrusters			21
Tiebreak time			
21 Ring Rows / Pull-ups			42
15 Thrusters			57
Tiebreak time			
15 Pull-ups / Chest to Bars			72
9 Thrusters			81
Tiebreak time			
9 Pull-ups / Chest to Bars / BMU			90

AMRAP in remaining time					
	Round 1	Round 2	Round 3	Round 4	Round 5
3 Thrusters	93	99	105	111	117
Tiebreak time					
3 C2B / BMU / RMU	96	102	108	114	120
TOTAL NUMBER OF REPS					

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

EVENT 5C—ALL DIVISIONS

Timecap: 7 minutes

Teens	Iron	Bronze	Silver	Gold	Platinum
For time 50 shuttle sprints (7,5m / shuttle)					

EQUIPMENT

- Tape

WORKOUT FLOW

The workout starts with the athlete standing behind the line. On the count of 3-2-1-GO the athlete may start the workout.

The score for this workout is the total time for the athlete to complete all 50 shuttle sprints. If the athlete does not perform all reps within the timecap of 7 minutes, the number of reps is the score.

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

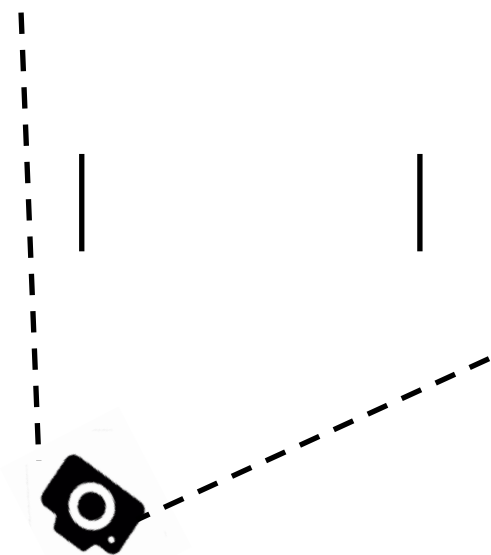
Start the video with stating your full name and division. Show the measurements of the distance between the two pieces of tapes.

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

An ascending clock (0 -> 7) 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

- Make sure to clearly touch the floor behind the tape in order to get the rep.
- In doubt about a standard? Contact us at info@thenationals.nl

PREPARATION

Measure 7,5 meters and make a clear line.

MOVEMENT STANDARDS***Shuttle Sprint***

For the first rep, start with both feet behind the line. With every rep, you clearly need to touch the floor behind the line. The last rep can be finished by just passing the line with both feet or touching the floor.

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.

Step 2—warming up

For example:

5 minutes of easy rowing, full strokes

Rest as needed, then 3 rounds of

1 shuttle side to side

1 shuttle reversed run's

10 air squats

Rest as needed, then 3 sets at increasing speed:

2 shuttle sprints

1 minute rest

Step 3— Gametime

Get your judge and turn on the camera:

- State you name + division
- Show the measurements.
- Turn on the clock and let's go!

ALL DIVISIONS

EVENT 5C		For Time - cap 7 minutes 50 shuttle sprints	
Shuttle Sprints			
FINISH TIME OR TOTAL REPS			

NAME ATHLETE: _____

DIVISION: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____