

Welcome to the first event of season 6!

For some of you this workouts will be a challenge. Remember that scaling is not an option. Stick to the movements that are assigned and give it all you've got. These events are the test to put you into the right division.

You'll get points for each part. Points for A, points for B and points for C. These combined points will determine in which division you're going to be this season.

All workouts need to be done within the time frame given. When logging your scores, it is not allowed to combine scores from different attempts. All three scores need to be from the same attempt and the same video.

Never underestimate yourself, and just make that video! You'll be disappointed if you haven't filmed, and suddenly you're in a top spot in your division.

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 1b will receive the prize.

If you have any questions, or problems with logging, contact us at info@thenationals.nl

Good luck!

Team The Nationals

		ADULTS	YOUNGSTERS	TEENS
A	FROM 0:00-4:00	1 RM CLEAN & JERK	1 RM CLEAN	1 RM CLEAN
	FOR LOAD			
1 MINUTE BREAK				
B	FROM 5:00-12:00	AMRAP 7 MINUTES Buy in: 1000(M)/800(V)m Row Max reps Burpee Box Overs 60(M)/50(V)cm	AMRAP 7 MINUTES Buy in: 600m Row Max reps Burpee Box Overs 60(M)/50(V)cm	AMRAP 7 MINUTES Buy in: 400m Row Max reps Burpee Box Overs 50cm
	FOR REPS			
2 MINUTES BREAK				
C	FROM 14:00-20:00	AMRAP 6 MINUTES 20 Ring Rows 20 Single Leg Toes to Bar 20 Pull-ups 20 Chest to Bar Pull-ups 20 Bar Muscle Ups	AMRAP 6 MINUTES 1 Wall Walk 20 Pull-ups 1 Wall Walk 20 Sit-ups	AMRAP 6 MINUTES 1 Wall Walk 20 Ring Rows 1 Wall Walk 20 Sit-ups
	FOR REPS			

EQUIPMENT

- Barbell + collars (female use 15kg, male use 20kg, teens/youngsters may use 10kg)
- Bumperplates
- Concept2 Rower
- Plyobox 60/50cm
- Rings
- Rig

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. Also show the height of the rings for the ring rows.

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. This is also very important for the screen of the rower and the height of the pull-ups.

After the workout, show the weight on the bar to confirm your score (!!)

WORKOUT FLOW**PART A - 0:00-4:00**

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 the clean (and jerk). The athlete may do as many attempts within the 4 minutes as they like. The weight can go up and down. Remember that only the athlete is allowed to touch the barbell/weight. Collars need to be on the outside of all plates for the weight to count.

The score is the total weight on the bar in KG, rounded to 0 decimals. 62,5 will be 62kg

--- 4:00-5:00 BREAK ---

The athlete may already sit on the rower, touch the screen, but NOT touch the handle.

PART B - 5:00-12:00

When the clock hits 5:00, the athlete may touch the handle and start rowing. The athlete must stay seated on the rower until the screen hits the assigned number of meters.

Then, in the remaining time, the athlete performs as many burpee box overs as possible until the clock hits 12:00.

The score is the total number of burpee box overs made.

--- 12:00-14:00 BREAK ---

The athlete may already go to the rig, but can't touch the rings yet

PART C - 14:00-20:00 (adults)

When the clock hits 14:00, the athlete may touch the rings and start with the ring rows. When all 20 reps have been made, the athlete proceeds to 20 single leg toes to bar, followed by 20 pull-ups, 20 chest to bars and 20 bar muscle ups. If the athlete completes all bar muscle ups before the 20:00 mark, they go back to ring rows and start their second round.

The score for this workout is the total number of reps completed before the 20:00 mark.

PART C - 14:00-20:00 (teens/youngsters)

When the clock hits 14:00, the athlete may lie down and start with the wall walk. After this rep, the athlete moves on to 20 ring rows/pull-ups, followed by 1 wall walk and 20 sit-ups. If the athlete completes the 20 sit-ups before the 20:00 mark, they go back to 1 wall walk and start their second round. The athlete keeps working until the 20:00 mark.

The score for this workout is the total number of reps completed before the 20:00 mark.

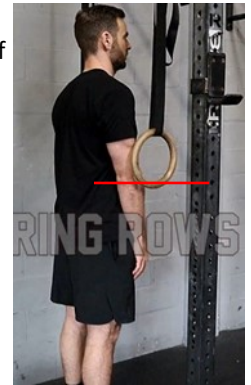
It is the responsibility of the athlete and judge to perform the movements according to the movement standards. In case of doubt by the judge or organization, the repetition will be no-repped.

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.

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.



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, 10g for teens/youngsters) 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

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 starting the jerk.

SHOULDER TO OVERHEAD

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.

ROW

Two options here, you may prepare the monitor to count down from the assigned meters, or just press ‘Just Row’ / ‘Quickstart’ and row from 0 upwards.

The athlete may only touch the handle when the clock is at 5:00, and no earlier. The athlete must stay on the rower (feet in straps) until all stated meters are rowed. Make sure the screen is visible enough on camera to show the amount! It will help if your judge or another person keeps the camera closer to show.

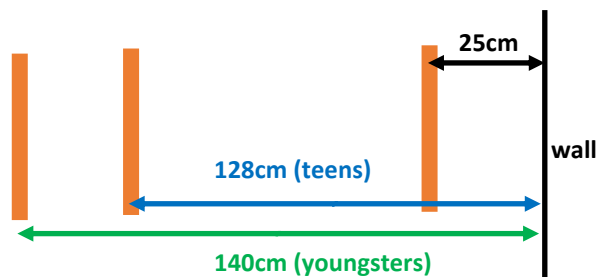
BURPEE BOX OVER

The movement starts with the athlete standing next to the box. The athlete jumps/steps down into the burpee until hips and chest are touching the floor at the same time. The athlete jumps/steps back on their feet. Then, the athlete jumps/steps on the box. Both feet must touch the top of the box at the same time. Then the athlete jumps/steps down on the other side of the box. This is 1 repetition. Extension on top is not needed. The burpees may be performed facing or lateral to the box.

WALL WALK

Two lines need to be taped:

- From the wall to the first tape = 140cm (youngsters) / 128cm (teens)
- From the wall to the second tape = 25cm



Every repetition starts with the athlete lying down, with chest, feet and thighs touching the floor. At start and finish of each rep, both hands/fingers need to touch the first taped line (140/128cm)

The athlete puts both feet on the wall. Hands need to stay on the tape (140/128cm) until the whole body is from the floor (except for hands). Athlete walks their hands closer to the wall, until both hands/fingers touch the second tape (25cm).

Then, athlete walks back to the first tape (140/128cm), while the rest of the body does not touch the floor. Athlete touches the first tape (140/128cm) with a part of the hands, then lies down with chest, feet and thighs touching the floor. This is one repetition.

SIT-UPS

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

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, 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, 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.

CHEST TO BAR PULL-UP

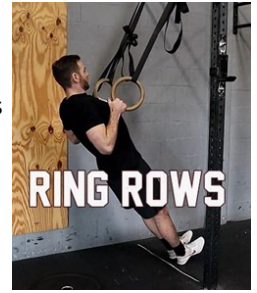
The movement starts with the athlete hanging from the rig, with elbows fully extended and both feet behind the vertical plane of the pull-up rig.

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.

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 (glide kip is not allowed). No other body part than the hands may be on the rig (no climbing in the rig).



ADULTS

A	FROM 0:00-4:00	1 RM CLEAN & JERK	KG	
	FOR LOAD			
1 MINUTE BREAK				
B	FROM 5:00-12:00	AMRAP 7 MINUTES Buy in: 1000(M)/800(V)m Row Max reps Burpee Box Overs 60(M)/50(V)cm	REPS	
	FOR REPS			
2 MINUTES BREAK				
C	FROM 14:00-20:00 FOR REPS	AMRAP 6 MINUTES		
		20 Ring Rows	20	
		20 Single Leg Toes to Bar	40	
		20 Pull-ups	60	
		20 Chest to Bar Pull-ups	80	
		20 Bar Muscle Ups	100	
		20 Ring Rows	120	
		20 Single Leg Toes to Bar	140	
		TOTAL REPS		

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

YOUNGSTERS
DIVISION



A	FROM 0:00-4:00 FOR LOAD	1 RM CLEAN						KG
	1 MINUTE BREAK							
B	FROM 5:00-12:00 FOR REPS	AMRAP 7 MINUTES Buy in: 600m Row Max reps Burpee Box Overs 60(M)/50(V)cm						REPS
	2 MINUTES BREAK							
C	FROM 14:00-20:00 FOR REPS	AMRAP 6 MINUTES	Round 1	Round 2	Round 3	Round 4	Round 5	
		1 Wall Walk	1	43	85	127	169	
		20 Pull-ups	21	63	105	147	189	
		1 Wall Walk	22	64	106	148	190	
		20 Sit-ups	42	84	126	168	210	
		TOTAL REPS						

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

**TEENS
DIVISION**



A	FROM 0:00-4:00 FOR LOAD	1 RM CLEAN						KG
	1 MINUTE BREAK							
B	FROM 5:00-12:00 FOR REPS	AMRAP 7 MINUTES Buy in: 400m Row Max reps Burpee Box Overs 50cm						REPS
	2 MINUTES BREAK							
C	FROM 14:00-20:00 FOR REPS	AMRAP 6 MINUTES	Round 1	Round 2	Round 3	Round 4	Round 5	
		1 Wall Walk	1	43	85	127	169	
		20 Ring Rows	21	63	105	147	189	
		1 Wall Walk	22	64	106	148	190	
		20 Sit-ups	42	84	126	168	210	
		TOTAL REPS						

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____