

Welcome to the second event of season 6!

You've been placed into one of the six divisions. From now on, all the workouts are adjusted to your level.

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 two 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 2b will receive the prize.

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

Good luck!

Team The Nationals

		IRON	BRONZE	SILVER	GOLD & PLATINUM	DIAMOND
A	FROM 0:00-4:00	For Load Every minute on the minute Minute 1 - 4 TnG Squat Cleans Minute 2 - 3 TnG Squat Cleans Minute 3 - 2 TnG Squat Cleans Minute 4 - 1 Squat Clean				
	1 MINUTE BREAK					
B	FROM 5:00-20:00	AMRAP 15 30 Single Unders 10 Single Arm DB STO 15/10kg 10 Knee Raises	AMRAP 15 30 Single Unders 10 Single Arm DB STO 15/10kg 10 Leg Raises	AMRAP 15 20 Double Unders 10 Single Arm DB STO 22,5/15kg 5 Toes to Bars	AMRAP 15 30 Double Unders 15 Single Arm DB STO 22,5/15kg 10 Toes to Bars	AMRAP 15 30 Double Unders 20 Single Arm DB STO 22,5/15kg 15 Toes to Bars

EQUIPMENT

- Barbell + collars (female use 15kg, male use 20kg)
- Bumperplates
- Dumbbell
- Jump rope
- Rig

VIDEO STANDARDS

Start the video with stating your full name and box. Then show the weight of the barbell and all plates used.

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.

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

		YOUNGSTERS	TEENS
A	FROM 0:00-4:00	For Time - Cap 4 min 20 Cleans 35/25kg	For Time - Cap 4 min 20 Cleans 20/15kg
	1 MINUTE BREAK		
B	FROM 5:00-20:00	AMRAP 15 minutes 30 Single Unders 10 Single Arm DB STO 15/10kg 5 Toes to Bars	AMRAP 15 minutes 30 Single Unders 10 Single Arm DB STO 10/5kg 10 Knee Raises

EQUIPMENT

- Barbell + collars (teens/youngsters may use 20, 15 or 10kg)
- Bumperplates
- Jump rope
- Dumbbell
- Rig

VIDEO STANDARDS

Start the video with stating your full name and box. Then show the weight of the barbell and all plates used.

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.

WORKOUT FLOW**PART A - 0:00-4:00 (ADULTS)**

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 4 Touch and Go Squat Cleans. The athlete may do as many attempts within the minute as they like, but all 4 reps need to be done before the clock hits 1:00. When the athlete finished the 4 reps, he can change the weight. 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. Between 1:00 and 2:00, the athlete must perform the 3 TnG Squat Cleans. Then 2 reps between 2:00 and 3:00 and 1 rep between 3:00 and 4:00.

The score is the total weight for the 4 reps + 3 reps + 2 reps + 1 rep.

Example: 20kg (4 reps) + 25kg (3 reps) + 30kg (2 reps) + 35kg (1 rep) = 110kg.

If half KG are used, 47,5kg will be 47kg.

PART A - 0:00-4:00 (TEENS/YOUNGSTERS)

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 start with the cleans. The athlete must perform 20 reps as fast as possible.

The score is the total time it took for the athlete to complete all 20 reps, OR if the athlete did not finish all reps before the 4:00 mark, the number of reps + 04:00 (time).

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

The athlete may already go to the jump rope, but not touch it.

PART B - 5:00-20:00

When the clock hits 5:00, the athlete may touch the jump rope and start jumping. The athlete performs as many rounds as possible of the assigned jump ropes, dumbbell shoulder to overhead and toes to bar variations.

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.

MOVEMENT STANDARDS***GENERAL RULES***

- Tape and/or grips may be used. Straps are not allowed.
- 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, 10kg 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 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

CLEAN (Teens/youngsters)

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.

If a barbell without plates or with smaller plates is used, the rep must start with the barbell below the knee for each rep.

Touch and Go SQUAT CLEAN (adults)

The athlete must move the barbell from the ground to front rack in the bottom of the squat (the front squat position) in a single continuous movement. The barbell can be ridden down as long as there is no obvious segmenting of the movement. In other words, a power clean followed by a front squat is not permitted if the judge can clearly distinguish between the two movements. From the bottom of the squat position, the athlete must stand and finish standing with the hips and knees fully extended.

After the rep has been made, in the next rep, the athlete must hold onto the bar, then brings the bar down, and only touches the floor to go straight back up again for the next rep. A pause at the hip to regrip is allowed. A hang clean with pause or downward movement is not allowed.

When the athlete let go of the bar before the final rep is made, the whole set must be done again.

DUMBBELL SHOULDER TO OVERHEAD

The movement starts with at least one head of the dumbbell in contact with the top of the shoulder. The athlete moves the dumbbell overhead, where the dumbbell is straight above the body, with feet under the hips, and elbow, hips and knees fully extended. The athlete is in control over the dumbbell. 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 dumbbell is lowered.

The non-working hand may not touch any body part or assist in the movement. Switching hands may happen anywhere on the way down or on the floor.

KNEE RAISES

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 both knees are 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.

LEG RAISES

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 both feet are higher than 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.

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 both feet are 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.

SINGLE UNDER

The rope passes under the feet once for each jump. The rope must spin forward. Only successful jumps are counted, not attempts.

DOUBLE UNDER

The rope passes under the feet twice for each jump. The rope must spin forward. Only successful jumps are counted, not attempts.

**IRON
DIVISION**



**BRONZE
DIVISION**



A	FROM 0:00-4:00 FOR LOAD	From 0:00-01:00: 4 TnG Squat Cleans				KG
		From 1:00-2:00: 3TnG Squat Cleans				KG
		From 2:00-3:00: 2 TnG Squat Cleans				KG
		From 3:00-4:00: 1 Squat Clean				KG
						TOTAL KG
1 MINUTE BREAK						
B	FROM 05:00-20:00 FOR REPS	AMRAP 15 MINUTES	30 Single Unders	10 Single Arm DB STOH 15/10kg	10 Knee Raises / 10 Leg Raises	
		Round 1	30	40	50	
		Round 2	80	90	100	
		Round 3	130	140	150	
		Round 4	180	190	200	
		Round 5	230	240	250	
		Round 6	280	290	300	
		Round 7	330	340	350	
		Round 8	380	390	400	
		Round 9	430	440	450	
		Round 10	480	490	500	
		Round 11	530	540	550	
		Round 12	580	590	600	
		Round 13	630	640	650	
		Round 14	680	690	700	
		Round 15	730	740	750	
		Round 16	780	790	800	
					TOTAL REPS	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

**SILVER
DIVISION**



A	FROM 0:00-4:00 FOR LOAD	From 0:00-01:00: 4 TnG Squat Cleans				KG
		From 1:00-2:00: 3TnG Squat Cleans				KG
		From 2:00-3:00: 2 TnG Squat Cleans				KG
		From 3:00-4:00: 1 Squat Clean				KG
						TOTAL KG
1 MINUTE BREAK						
B	FROM 5:00-20:00 FOR REPS	AMRAP 15 MINUTES	20 Double Unders	10 Single Arm DB STOH 22,5/15kg	5 Toes to Bars	
		Round 1	20	30	35	
		Round 2	55	65	70	
		Round 3	90	100	105	
		Round 4	125	135	140	
		Round 5	160	170	175	
		Round 6	195	205	210	
		Round 7	230	240	245	
		Round 8	265	275	280	
		Round 9	300	310	315	
		Round 10	335	345	350	
		Round 11	370	380	385	
		Round 12	405	415	420	
		Round 13	440	450	455	
		Round 14	475	485	490	
		Round 15	510	520	525	
		Round 16	545	555	560	
				TOTAL REPS		

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

GOLD
DIVISION



PLATINUM
DIVISION



A	FROM 0:00-4:00 FOR LOAD	From 0:00-01:00: 4 TnG Squat Cleans				KG
		From 1:00-2:00: 3TnG Squat Cleans				KG
		From 2:00-3:00: 2 TnG Squat Cleans				KG
		From 3:00-4:00: 1 Squat Clean				KG
						TOTAL KG
1 MINUTE BREAK						
B	FROM 5:00-20:00 FOR REPS	AMRAP 15 MINUTES	30 Double Unders	15 Single Arm DB STOH 22,5/15kg	10 Toes to Bars	
		Round 1	30	45	55	
		Round 2	85	100	110	
		Round 3	140	155	165	
		Round 4	195	210	220	
		Round 5	250	265	275	
		Round 6	305	320	330	
		Round 7	360	375	385	
		Round 8	415	430	440	
		Round 9	470	485	495	
		Round 10	525	540	550	
		Round 11	580	595	605	
		Round 12	635	650	660	
		Round 13	690	705	715	
		Round 14	745	760	770	
		Round 15	800	815	825	
		Round 16	855	870	880	
				TOTAL REPS		

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

**DIAMOND
DIVISION**



A	FROM 0:00-4:00 FOR LOAD	From 0:00-01:00: 4 TnG Squat Cleans	KG		
		From 1:00-2:00: 3TnG Squat Cleans	KG		
		From 2:00-3:00: 2 TnG Squat Cleans	KG		
		From 3:00-4:00: 1 Squat Clean	KG		
			TOTAL KG		
1 MINUTE BREAK					
B	FROM 5:00-20:00 FOR REPS	AMRAP 15 MINUTES	30 Double Unders	20 Single Arm DB STOH 22,5/15kg	15 Toes to Bars
		Round 1	30	50	65
		Round 2	95	115	130
		Round 3	160	180	195
		Round 4	225	245	260
		Round 5	290	310	325
		Round 6	355	375	390
		Round 7	420	440	455
		Round 8	485	505	520
		Round 9	550	570	585
		Round 10	615	635	650
		Round 11	680	700	715
		Round 12	745	765	780
		Round 13	810	830	845
		Round 14	875	895	910
		Round 15	940	960	975
		Round 16	1005	1025	1040
	TOTAL REPS				

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

YOUNGSTERS
DIVISION



A	FROM 0:00-4:00	20 CLEANS 35/25kg			TIME
	FOR TIME				
1 MINUTE BREAK					
B	FROM 5:00-20:00 FOR REPS	AMRAP 15 MINUTES	30 Single Unders	10 Single Arm DB STOH 15/10kg	5 Toes to Bars
		Round 1	30	40	45
		Round 2	75	85	90
		Round 3	120	130	135
		Round 4	165	175	180
		Round 5	210	220	225
		Round 6	255	265	270
		Round 7	300	310	315
		Round 8	345	355	360
		Round 9	390	400	405
		Round 10	435	445	450
		Round 11	480	490	495
		Round 12	525	535	540
		Round 13	570	580	585
		Round 14	615	625	630
		Round 15	660	670	675
		Round 16	705	715	720
TOTAL REPS					

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

**TEENS
DIVISION**



A	FROM 0:00-4:00	20 CLEANS 20/15kg			TIME
	FOR TIME				
1 MINUTE BREAK					
B	FROM 5:00-20:00 FOR REPS	AMRAP 15 MINUTES	30 Single Unders	10 Single Arm DB STOH 10/5kg	10 Knee Raises
		Round 1	30	40	50
		Round 2	80	90	100
		Round 3	130	140	150
		Round 4	180	190	200
		Round 5	230	240	250
		Round 6	280	290	300
		Round 7	330	340	350
		Round 8	380	390	400
		Round 9	430	440	450
		Round 10	480	490	500
		Round 11	530	540	550
		Round 12	580	590	600
		Round 13	630	640	650
		Round 14	680	690	700
		Round 15	730	740	750
		Round 16	780	790	800
TOTAL REPS					

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____