

Time for the last one of the season! Keep fighting for that top spot on the leaderboard!

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 5B will receive the prize.

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

Good luck!

Team The Nationals

Conversions from metric to imperial for WOD 5

Equipment	Kilograms	Pounds
Kettlebell	32	70
	24	50
	16	35
Barbell	20	45
	25	55
	30	65
	35	75
	40	90
	42,5	95
	50	110
	60	130
HSPU Box	100x60cm	39x23,5 inch

	IRON	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
FROM 0:00-4:00	For Time - Cap 4 *You choose the order					
	15 Thrusters 30/20kg 15 Bar Facing Burpees over Bar	18 Thrusters 30/20kg 18 Bar Facing Burpees over Bar	18 Thrusters 35/25kg 18 Bar Facing Burpees over Bar	18 Thrusters 42,5/30kg 18 Bar Facing Burpees over Bar	21 Thrusters 42,5/30kg 21 Bar Facing Burpees over Bar	25 Thrusters 42,5/30kg 25 Bar Facing Burpees over Bar
	<i>Total reps</i>	30	36	36	42	50
	4 MINUTE BREAK					
FROM 8:00-20:00	For Time - Cap 12					
	30/24 Cal Row 30 KBSwings 16/12kg 30 Box Overs 30 GTOH 30/20kg	30/24 Cal Row 30 KBSwings 24/16kg 30 Box Jump Overs 30 GTOH 35/25kg	45/35 Cal Row 30 KBSwings 24/16kg 45 Box Jump Overs 30 GTOH 42,5/30kg	45/35 Cal Row 30 KBSwings 32/24kg 45 Box Jump Overs 30 GTOH 42,5/30kg	45/35 Cal Row 30 HSPU RX 45 Box Jump Overs 30 Snatches 50/35kg	45/35 Cal Row 30 HSPU RX 45 Box Jump Overs 30 Snatches 60/40kg
	<i>Total reps Male</i>	120	120	150	150	150
	<i>Female</i>	114	114	140	140	140

EQUIPMENT

- Barbell + plates + clips
- Concept2 Rower
- Kettlebell
- Plyobox 60/50cm
- Tape

	YOUNGSTERS	TEENS
FROM 0:00-4:00	For Time - Cap 4 15 Thrusters 30/20kg 15 Bar Facing Burpees over Bar *You choose the order	For Time - Cap 4 15 Thrusters 15/10kg 15 Bar Facing Burpees over Bar *You choose the order
<i>Total reps</i>	<i>30</i>	<i>36</i>
4 MINUTE BREAK		
FROM 8:00-20:00	For time - Cap 12 21/18 Calories Row 30 Alternating Dumbbell Snatches 15/10kg 30 Box Jump Overs 60/50cm 30 Hang Squat Cleans 30/20kg	For time - Cap 12 18/15 Calories Row 30 Alternating Dumbbell Snatches 10/5kg 30 Box Overs 60/50cm 30 Hang Squat Cleans 20/15kg
<i>Total reps Male</i>	<i>111</i>	<i>108</i>
<i>Female</i>	<i>108</i>	<i>105</i>

EQUIPMENT

- Barbell and plates
- Concept2 Rower
- Dumbbell
- Plyobox
- Tape

SCORING

Event 5A = Time + Reps

The score for workout 5A is the time on the clock after the last rep OR the total number of reps completed within the 4 minutes. The score is always time AND reps, for example 3:00 + 30 reps, or 4:00 + 20 reps if the athlete did not finish.

If the athlete did not finish all reps, the score is 04:00 + reps completed within the 4 minutes.

If the athlete completed all reps, the score is time to finish + all reps (number depends on division).

Event 5B = Time + Reps

The score for workout 5B is the time on the clock after the last rep OR the total number of reps completed before the 20:00 mark. Note that this can never be below 8:00! The score is always time AND reps, for example 16:00 + 120 reps (iron/bronze), or 20:00 + 90 reps if the athlete did not finish.

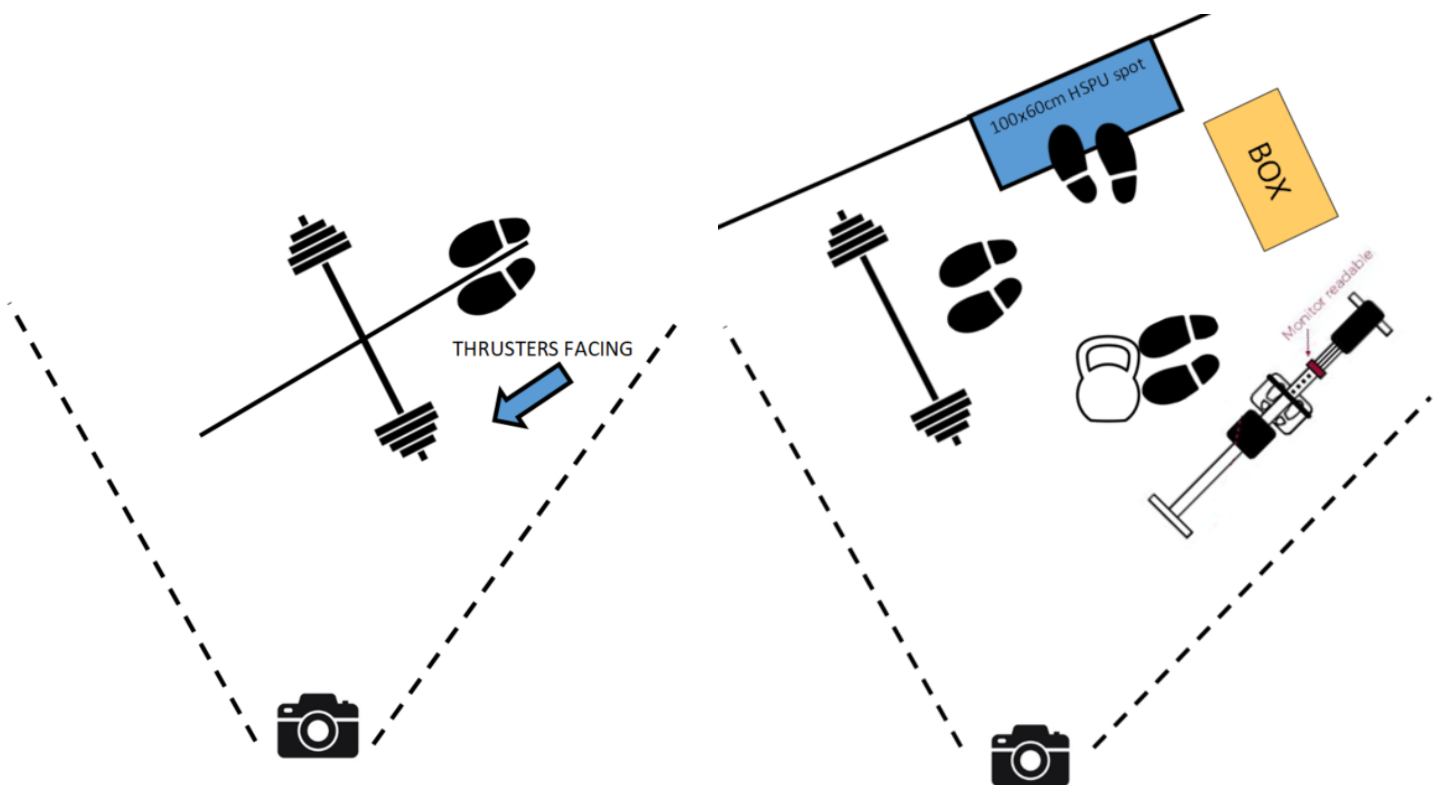
If the athlete did not finish all reps, the score is 04:00 + reps completed within the 4 minutes.

If the athlete completed all reps, the score is time to finish + all reps (number depends on division).

VIDEO STANDARDS

- Start the video with stating your full name and box. Then show the weight of the barbell and kettlebell. Also show the height of the box if its not regular. Show measures of the HSPU box if applicable.
- 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.
- You can find our workouts also in WODProof

Example set-up:



WORKOUT FLOW

PART A - 0:00-4:00

Before the workout starts, the athlete must decide if he/she wants to start with the thrusters or the burpees. After the start, you cannot switch.

The workout starts with the athlete standing tall behind the barbell. The athlete may not touch the barbell yet. On the call of 3-2-1-GO, the athlete may start with either the thrusters or bar facing burpees. After all reps have been completed, the athlete does all bar facing burpees / thrusters. When the last rep is performed, the time is noted.

--- 4:00-8:00 BREAK ---

The athlete may already sit down on the rower, press on the monitor, but may not touch the handle yet.

PART B - 8:00-20:00

When the clock hits 8:00, the athlete may touch the handle, and start rowing until the assigned number of reps is achieved. Then the athlete proceeds to the KB Swings / HSPU, box overs and last GTOH / Snatches. When the last rep is performed, the time is noted.

PART B - 8:00-20:00 (Teens/Youngsters)

When the clock hits 8:00, the athlete may touch the handle, and start rowing until the assigned number of reps is achieved. Then the athlete proceeds to the 30 alternating DB snatches, 30 box overs and last 30 hang squat cleans. The score for workout 5B is the time on the clock after the last rep OR 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.
- 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. *Exception for the thruster/bar facing burpees where some divisions have an empty / lower bar for the thruster.
- 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 DB/KB may never be dropped from above the knees. 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

THRUSTERS

The movement starts with the barbell in front rack position. The athlete lowers down until the bottom position of the squat is reached. From the bottom of the squat, the athlete extends all the way up and presses the weight overhead in one fluent motion. A jerk is not allowed. In the end position, the hips, knees and elbows are fully locked and the barbell is straight above the athlete's body. A squat clean thruster as first rep is allowed.

BAR FACING BURPEE OVER BAR

Start with taping a long line on the floor. The burpee must be performed perpendicular to and facing the barbell. All athletes must use a barbell with 18inch/45 cm plates for the burpees. This means that if you use smaller fractional plates for the thruster, you must have a second bar with regular 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. At this point, one hand and one foot must be on each side of the line.

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 only allowed in the Teens and Iron divisions. 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.

ROW

Start with the screen on 0. Show the beginning 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 the assigned calories.

RUSSIAN KETTLEBELL SWINGS

The movement starts with both hands on the kettlebell. The athlete swings the kettlebell back until the center of the kettlebell is clearly behind the legs. The athlete swings the kettlebell up until the kettlebell, hands and elbows are above the shoulder. Extension of the elbow is not needed.

BOX OVERS (iron/teens only)

The movement starts with the athlete standing tall at one side of the box. The athlete may jump or step on the box. Two feet must touch the box at the same time. Then the athlete steps/jumps off on the other side of the box. Two feet must touch the floor at the same time for the rep to be credited. No hands or any other body part may touch the box.

BOX JUMP OVERS

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.

ALTERNATING DUMBBELL SNATCH

The movement starts with the dumbbell with one head in contact with the floor. The athlete moves the dumbbell in one fluent motion to an overhead position in which the dumbbell is clearly over the middle of the athlete's body. The arms, hips and knees must be fully locked out. The next rep must be done with the other hand.

The non-lifting hand is not in contact with the body at all times. The athlete may choose to do a split style snatch, but both feet must return under the athlete's body with dumbbell locked out overhead before the rep counts. A pause during the movement (clean and jerk) is not allowed. When switching hands, the switch can happen anywhere on the way down. The non-lifting hand and arm may not be in contact with the body during the whole movement.

HANG SQUAT CLEAN

The movement starts with the athlete standing tall with the barbell in their hands and hips and knees fully extended. The athlete lowers the barbell until above the knees. The barbell moves from above the knee to the front rack position in one fluent motion, in which the bottom position of the squat is reached. 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 clean from the floor is a no-rep and does not count. The athlete needs to extend in a deadlift first.

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 not allowed.

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.

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

HANDSTAND PUSH-UP

Before starting, tape a box of 100x60cm 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.

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.

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.

TEENS
DIVISION



YOUNGSTERS
DIVISION



A	FOR TIME	15 Thrusters	
	FROM	15 Bar Facing Burpees over Bar	
	0:00-4:00	TIME	

4 MINUTE BREAK UNTIL 8:00

B	FOR TIME FROM 8:00-20:00	21/18/15 Cal Row	
		30 Alt. Dumbbell Snatches	
		30 Box (Jump) Overs	
		30 Hang Squat Cleans	
		TIME	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

IRON
DIVISION



BRONZE
DIVISION



A	FOR TIME	15 (Iron) / 18 (Bronze) Thrusters	
	FROM	15 (Iron) / 18 (Bronze) Bar Facing Burpees over Bar	
	0:00-4:00	TIME	

4 MINUTE BREAK UNTIL 8:00

B	FOR TIME FROM 8:00-20:00	30/24 Cal Row	
		30 Russian KB Swings	
		30 Box (Jump) Overs	
		30 Ground to Overhead	
		TIME	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

SILVER
DIVISION



GOLD
DIVISION



A	FOR TIME	18 Thrusters	
	FROM	18 Bar Facing Burpees over Bar	
	0:00-4:00	TIME	

4 MINUTE BREAK UNTIL 8:00

B	FOR TIME FROM 8:00-20:00	45/35 Cal Row	
		30 Russian KB Swings	
		45 Box Jump Overs	
		30 Ground to Overhead	
		TIME	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

PLATINUM
DIVISION



DIAMOND
DIVISION



A	FOR TIME	21 (Platinum) / 25 (Diamond) Thrusters	
	FROM	21 (Platinum) / 25 (Diamond) Bar Facing Burpees over Bar	
	0:00-4:00	TIME	

4 MINUTE BREAK UNTIL 8:00

B	FOR TIME	45/35 Cal Row	
	FROM	30 HSPU Rx	
	8:00-20:00	45 Box Jump Overs	
		30 Snatches	
		TIME	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____