

Welcome to the first Event of season 7!

You've been placed into your division. From now on, all the workouts are adjusted to your level. Make sure to look at the right workout and standards for your division.

This workout is a four part workout. Each part counts for 50%. If you have the best score, you'll get 0,5 point. All four parts combined count for 200%.

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 four scores need to be from the same attempt and the same video.

If you want to be eligible for the Summergames, you'll have to film all your events, including the placement. 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.

The athlete with the best combined score of Event 1a, 1b, 1c and 1d will get a personalized winner t-shirt. In case of a tie, the athlete with the highest ranking will receive the shirt. If both athletes have the same ranking, the athlete with the highest rank on event 1d 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

This are the minimal acceptable weights and heights.

BARBELL		KETTLEBELL		BOX / ELEVATION	
Kilograms	Pounds	Kilograms	Pounds	Centimeter	Inches
15	35	4	9	4	1,5
17,5	40	6	13	6	2,3
20	45	8	18	12	4,7
22,5	50	12	26	38	15
25	55	16	35	50	20
30	65			60	24
35	75			75	30
40	85	DUMBBELL		WALL BALL HEIGHT	
45	100	Kilograms	Pounds	Centimeter	Feet
50	110	3	6	122	4
55	120	5	10	152	5
60	130	10	25	275	9
65	145	15	35	305	10
70	155	22,5	50		
75	165	30	65		
80	175				
85	185	MEDBALL		WALL WALK/HSPU	
90	200	Kilograms	Pounds	Centimeter	Inches
95	210	9	20	25	10
100	220	6	14	76	30
110	240	4	10	128	50
120	265	3	6	140	55
130	285			152	60
140	305				

		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
A	6 Box Jump Overs	6	24	42	60	78	96
FROM 0:00-4:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 1	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
B	6 Box Jump Overs	6	24	42	60	78	96
FROM 5:00-9:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 2	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
C	6 Box Jump Overs	6	24	42	60	78	96
FROM 10:00-14:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 3	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
D	6 Box Jump Overs	6	24	42	60	78	96
FROM 15:00-19:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 4	18	36	54	72	90	108

	Teens	Youngsters	Iron	Bronze	Silver	Gold	Platinum	Diamond
Box	Step or Jump 50cm	Jump 50cm	Step 60/50cm	Step or Jump 60/50cm	Jump 60/50cm			
Weight 1	20/15kg	40/30kg	60/40kg	70/45kg	80/55kg	90/60kg	100/65kg	110/75kg
Weight 2	25/17,5	50/35	70/45	80/55	90/60	100/65	110/75	120/80
Weight 3	30/20	60/40	80/50	90/60	100/65	110/75	120/80	130/85
Weight 4	35/22,5	70/45	90/60	100/65	110/75	120/80	130/85	140/95

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
A	6 Box Jump Overs	6	24	42	60	78	96
FROM 0:00-4:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 1	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
B	6 Box Jump Overs	6	24	42	60	78	96
FROM 5:00-9:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 2	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
C	6 Box Jump Overs	6	24	42	60	78	96
FROM 10:00-14:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 3	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
D	6 Box Jump Overs	6	24	42	60	78	96
FROM 15:00-19:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 4	18	36	54	72	90	108

	Intellectual	Short St.	Lower 1	Lower 2	Upper 1 + 2
Box	Step or Jump Over 38*cm	Jump Over 38*cm	Step or Jump Over 38*cm	Jump Over 50/38*cm	Jump Over 60/50cm
Weight 1	20/15kg	60/40kg	60/40kg	60/40kg	60/40kg
Weight 2	25/17,5	70/45kg	70/45kg	70/45kg	70/45kg
Weight 3	30/20	80/55kg	80/55kg	80/55kg	80/55kg
Weight 4	35/22,5	90/60kg	90/60kg	90/60kg	90/60kg

*This may be a small box or stack of plates

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
A	6 Box Jumps/Step Ups	6	24	42	60	78	96
FROM 0:00-4:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 1	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
B	6 Box Jumps/Step Ups	6	24	42	60	78	96
FROM 5:00-9:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 2	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
C	6 Box Jumps/Step Ups	6	24	42	60	78	96
FROM 10:00-14:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 3	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
D	6 Box Jumps/Step Ups	6	24	42	60	78	96
FROM 15:00-19:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 4	18	36	54	72	90	108

	Neuro Maj	Neuro Mod	Neuro Min	Sensory
Box	Box Step Ups 50/38*cm			Box Jumps 60/50cm
Weight 1	30/20kg	40/30kg	60/40kg	60/40kg
Weight 2	40/30kg	50/35kg	70/45kg	70/45kg
Weight 3	50/35kg	60/45kg	80/55kg	80/55kg
Weight 4	60/45kg	70/50kg	90/60kg	90/60kg

*This may be a small box or stack of plates

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
A	6 Wheels on/off Plate	6	24	42	60	78	96
FROM 0:00-4:00	6 Wheelchair Burpee	12	30	48	66	84	102
FOR REPS	6 Dual KB Deadlifts	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
B	6 Wheels on/off Plate	6	24	42	60	78	96
FROM 5:00-9:00	6 Wheelchair Burpee	12	30	48	66	84	102
FOR REPS	6 Dual KB Deadlifts	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
C	6 Wheels on/off Plate	6	24	42	60	78	96
FROM 10:00-14:00	6 Wheelchair Burpee	12	30	48	66	84	102
FOR REPS	6 Dual KB Deadlifts	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
D	6 Wheels on/off Plate	6	24	42	60	78	96
FROM 15:00-19:00	6 Wheelchair Burpee	12	30	48	66	84	102
FOR REPS	6 Dual KB Deadlifts	18	36	54	72	90	108

	With Abs	Without Abs	Tetra with Tricep	Tetra without Tricep
Plate	12cm		4cm	
Kettlebells	2x16/2x12kg	2x12/2x8kg	2x6kg	2x4kg
DL Elevation	4cm	6cm		
Chest Band	No	No	Yes	Yes

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

WORKOUT FLOW

Tape the floor for the Bar Facing Burpees.

Set up your equipment in a way that allows us to see the movement standards clearly.

Show an ascending timer or interval timer in frame, for example by using WODProof

Start your video with stating your full name and box.

Then show the weight of the barbell used and every plate on the bar. Also show the and height of the box if the box is not regular. Hit the clock and let's go!

PART A - 0:00-4:00

The workout starts with the athlete standing tall behind the box. On the count of 3-2-1 GO the athlete may jump/step on the box and start with 6 Box Jump/Step Overs, to be continued with 6 Bar Facing Burpee over Bar, followed by 6 Deadlifts. The athlete makes as many rounds and reps as possible within the 4 minutes.



Score 1A is the total reps made within these 4 minutes.

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

The athlete loads the bar to the second assigned weight. Others can assist in loading but only 1 barbell may be used. Collars need to be on the outside of all plates for the weight to count.

PART B - 5:00-9:00

When the clock hits 5:00, the athlete starts again with the Box Jump/Step Overs, followed by Bar Facing Burpees and Deadlifts with the 2nd weight. The athlete makes as many rounds and reps as possible within the 4 minutes.



Score 1B is the total reps made within these 4 minutes.

- - - 9:00-10:00 BREAK - - -

The athlete loads the bar to the third assigned weight.

PART C - 10:00-14:00

When the clock hits 10:00, the athlete starts again with the Box Jump/Step Overs, followed by Bar Facing Burpees and Deadlifts with the 3rd weight. The athlete makes as many rounds and reps as possible within the 4 minutes.



Score 1C is the total reps made within these 4 minutes.

- - - 14:00-15:00 BREAK - - -

The athlete loads the bar to the fourth assigned weight.

PART D - 15:00-19:00

When the clock hits 15:00, the athlete starts again with the Box Jump/Step Overs, followed by Bar Facing Burpees and Deadlifts with the 4th weight. The athlete makes as many rounds and reps as possible within the 4 minutes.



Score 1D is the total reps made within these 4 minutes.



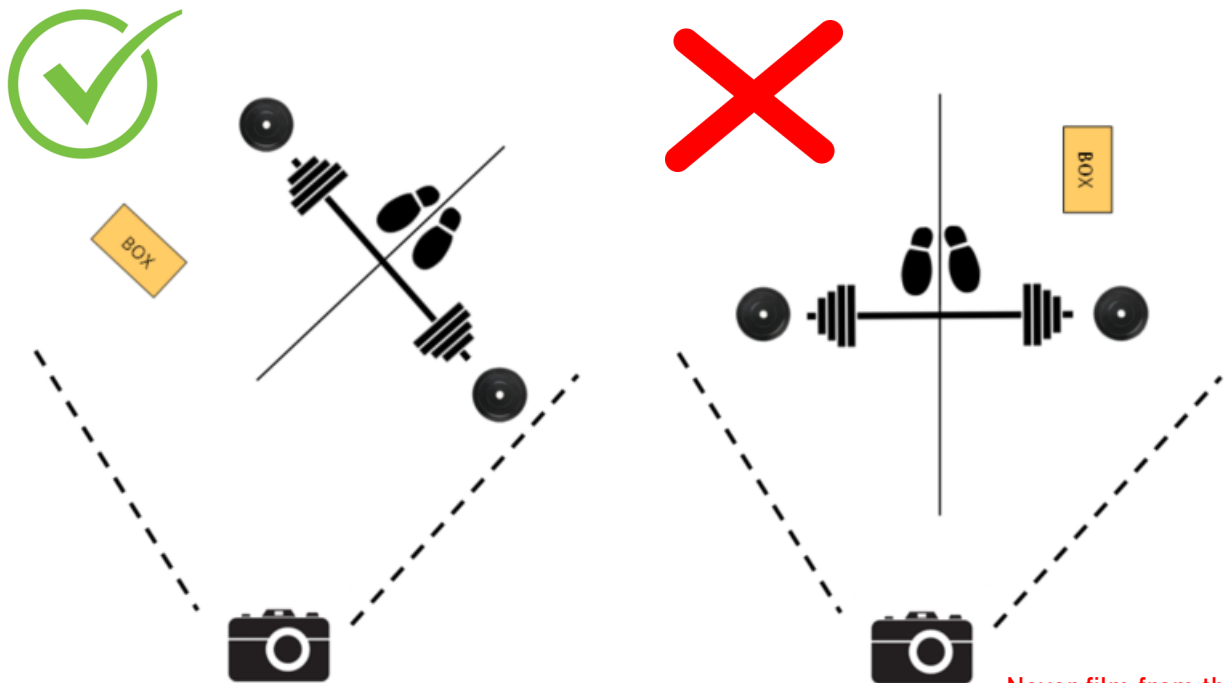
Make sure to show the end weight of your deadlift before stopping the video!

EQUIPMENT

- Barbell + collars
- Bumperplates
- Plyobox 60/50cm

VIDEO STANDARDS

- Start the video with stating your full name and box. Then show the weight of the barbell and all plates used. Also show the height of the box if its not regular.
- The video must be uncut and unedited. Fisheye lenses are not allowed.
- An ascending clock (0 -> 19) or interval time (4' on, 1' off) 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 in WODProof



Never film from the front!

MOVEMENT STANDARDS

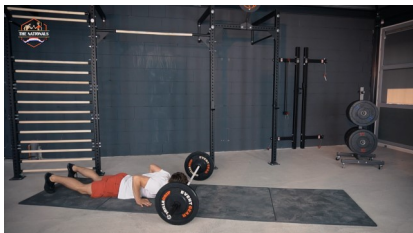
GENERAL RULES

- Tape and/or grips may be used in the rig.
- Grips may not be used holding a barbell, dumbbell or kettlebell.
- Using a box to get into the rig/rings is allowed. Jumping Pull-ups/Muscle-ups are not allowed.
- Blocks or a rack is not allowed. The barbell 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.
- During a barbell movement, touching the floor with your knees is not allowed, unless for lunge steps.
- Dumbbells and Kettlebells 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



BARBELL DEADLIFT

The movement starts with the barbell touching the floor with both bumper plates at the same time. The athlete stands behind the bar and picks the bar up with both hands outside the legs (no sumo deadlifts). The athlete lifts the weight up until hips and knees are fully extended and the shoulders are behind the barbell. This is one repetition. Touch and go reps are allowed, bouncing (slamming the bar into the floor to use the bounce) is not allowed. If a bar with smaller plates are used, the barbell must start below the knee.



BAR FACING BURPEE OVER BAR

All athletes must use a barbell with regular bumper plates (18inch) for the burpees. Start with taping a clear line on the floor, perpendicular to the bar. The athlete jumps or steps back to reach the bottom position. The center of the athlete's chest must be on the line and the feet hand hands must be straddling the line. The head must stay behind the barbell. From this position, the athlete can step or jump to their feet. The athlete must step or jump over the barbell. For the next rep, the athlete must be perpendicular to and facing the barbell on this side of the barbell.

Sensory athletes don't have to use tape and do not need to perform the burpees bar facing. They do have to meet the other standards.



BOX JUMP OR STEP OVER (TEENS, BRONZE, INTELLECTUAL)

The movement starts with the athlete standing tall behind the box or plates. The athlete steps or jumps on the box with both feet. Both feet need to be on top of the box at the same time. The athlete steps or jumps off the box on the other side. Hands may not touch the box. There is no need for extension at top.

BOX STEP OVERS (IRON)

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 or jumps off the box on the other side. Hands may not touch the box. There is no need for extension at top.

BOX JUMP OVERS (OTHER DIVISIONS)

The movement starts with the athlete standing at one side of the box. The athlete jumps onto the box until both feet touch the top of the box at the same time. Then the athlete steps or jumps off at the other side of the box. The hands may not touch the box, except for the Lower 1 division. There is no need for extension at top.



BOX JUMPS (SENSORY)

The movement starts with the athlete standing at one side of the box. The athlete jumps onto the box until both feet touch the top of the box at the same time. Hips and knees need to be fully extended and the shoulders are in line with the hips. Then the athlete steps or jumps off at the same side of the box. The hands may touch the box.

BOX STEP UPS (NEURO)

The movement starts with the athlete standing at one side of the box. The athlete steps onto the box until both feet touch the top of the box at the same time. Hips and knees need to be fully extended and the shoulders are in line with the hips. Then the athlete steps or jumps off at the same side of the box. The hands may not touch the box.

During the whole season, wheelchair athletes may use assistance of a coach for safety reasons.



WHEELS ON/OFF THE PLATE (SEATED)

The movement starts by tilting the chair back so that the wheels in front do not touch the floor, they then lower the wheels onto a 12cm elevation. Next, the athletes lift the wheels back to the floor. That is one rep.

With/without abs = 12cm elevation

Tetraplegic = 4cm elevation

Elevation can be plates or anything else. Measure it at the beginning of your workout.



WHEELCHAIR BURPEE (SEATED)

The movement starts with a dip where their arms are fully locked out. Then the athlete sits back in the chair, and tilts back the chair so that the first two wheels do not touch the ground. Those two movements will be one rep.



KETTLEBELL DEADLIFTS (SEATED)

The movement starts with each kettlebell touching the elevated floor. The athlete lifts the kettlebells up until the hip is extended and the shoulders are straight above the hips. This is one repetition.

With abs = 4cm elevation

Without abs/tetraplegic = 6cm elevation

Elevation can be plates or anything else. Measure it at the beginning of your workout.

Seated Tetraplegic athletes may receive assistance by a chest band or others pulling the athlete back.