

Welcome to the second Event of season 7!

This workout is a two part workout. Each part counts for 100%. If you have the best score, you'll get 1 point. Both parts combined count for 200%.

Both workouts need to be done within the time frame given. When logging your scores, it is not allowed to combine scores from different attempts. Both 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 2a and 2b 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 2a will receive the prize.

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

Good luck!

Team The Nationals

EVENT 2A

For Time, with a 12 minute time cap

Teens	Youngsters	Iron	Bronze
15 Dual DB Thrusters 30 Ring Rows 30 Dual DB Burpees 30 Ring Rows 15 Dual DB Thrusters	15 Dual DB Thrusters 15 Pull-ups 30 Single DB Devil's Presses 15 Pull-ups 15 Dual DB Thrusters	15 Single DB Goblet Squats 30 Ring Rows 30 Dual DB Burpees 30 Ring Rows 15 Single DB Goblet Squats	15 Dual DB Thrusters 30 Ring Rows 30 Single DB Devil's Presses 30 Ring Rows 15 Dual DB Thrusters
10/5kg	15/10kg	15/10kg	15/10kg
Silver	Gold	Platinum	Diamond
15 Dual DB Thrusters 15 Pull-ups 30 Single DB Devil's Presses 15 Pull-ups 15 Dual DB Thrusters	15 Dual DB Thrusters 30 Pull-ups 30 Dual DB Devil's Presses 30 Pull-ups 15 Dual DB Thrusters	15 Dual DB Thrusters 30 Pull-ups 30 Dual DB Devil's Presses 30 Pull-ups 15 Dual DB Thrusters	15 Dual DB Thrusters 30 C2B Pull-ups 30 Dual DB Devil's Presses 30 C2B Pull-ups 15 Dual DB Thrusters
22,5/15kg 15/10kg	22,5/15kg	22,5/15kg	22,5/15kg

Rest exactly 2 minutes, and then

EVENT 2B - all divisions

2 minutes Concept2 Row for max meters

EVENT 2A

For Time, with a 12 minute time cap

Short Stature Neuro Minor Sensory	Lower 1 & 2	Neuro Major	Neuro Moderate
15 Dual DB Thrusters 30 Pull-ups 30 Dual DB Devil's Presses 30 Pull-ups 15 Dual DB Thrusters	15 Dual DB Thrusters to Box 50cm 30 Pull-ups 30 Dual DB Devil's Presses 30 Pull-ups 15 Dual DB Thrusters to Box 50cm	15 Dual DB Thrusters to Box 50cm 30 Pull-ups 30 Alt. DB Snatch 30 Pull-ups 15 Dual DB Thrusters to Box 50cm	15 Dual DB Thrusters 30 Pull-ups 30 Alt. DB Snatch 30 Pull-ups 15 Dual DB Thrusters
22,5/15kg	22,5/15kg	15/10kg	15/10kg
Scaled option: Ring Rows 15/10kg	Scaled option: Ring Rows 15/10kg	Scaled option: Ring Rows 10/5kg	Scaled option: Ring Rows 10/5kg

Upper 1 & 2	Intellectual	Seated with abs	Seated without abs
15 Single DB Thrusters 30 Pull-ups 30 Single DB Devil's Presses 30 Pull-ups 15 Single DB Thrusters	15 Dual DB Thrusters 30 Ring Rows Light 30 Single DB Devil's Presses 30 Ring Rows Light 15 Dual DB Thrusters	15 Dual DB Shoulder Press 30 Wheelchair Chest to Ring Pull-ups 30 Dual DB Lap Cleans 30 Wheelchair Chest to Ring Pull-ups 15 Dual DB Shoulder Press	15 Dual DB Shoulder Press 30 Wheelchair Ring Rows 30 Dual DB Lap Cleans 30 Wheelchair Ring Rows 15 Dual DB Shoulder Press
22,5/15kg	10/5kg	15/10kg	10/5kg
Scaled option: Single Arm Ring Rows 15/10kg	No scaled option	Scaled option: Wheelchair Ring Rows 10/5kg	Scaled option: Single DB Press & Cleans 10/5kg

Seated tetraplegic
15 Single DB Shoulder Press 15 Cal Ski Erg 30 Single DB Lap Cleans 15 Cal Ski Erg 15 Single DB Shoulder Press
10/5kg
No scaled option

Rest exactly 2 minutes, and then

EVENT 2B - all divisions
2 minutes Concept2 Row for max meters

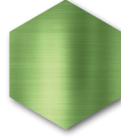
Note: if a scaled option is used, note "scaled" when entering your score.

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				

**TEENS
DIVISION**



A	15 Dual DB Thrusters 2x10/2x5kg	15
FOR TIME	30 Ring Rows	45
TIME CAP 12:00	30 Dual DB Burpees 2x10/2x5kg	75
	30 Ring Rows	105
	15 Dual DB Thrusters 2x10/2x5kg	120
FINISH TIME:		
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

**YOUNGSTERS
DIVISION**



A	15 Dual DB Thrusters 2x15/2x10kg	15
FOR TIME	15 Pull-ups	30
TIME CAP 12:00	30 Single DB Devil's Press 1x15/1x10kg	60
	15 Pull-ups	75
	15 Dual DB Thrusters 2x15/2x10kg	90
FINISH TIME:		
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

**IRON
DIVISION**



A	15 Single DB Goblet Squat 1x15/10kg	15
FOR TIME	30 Ring Rows	45
TIME CAP 12:00	30 Dual DB Burpees 2x15/2x10kg	75
	30 Ring Rows	105
	15 Single DB Goblet Squat 1x15/10kg	120
	FINISH TIME:	
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

**BRONZE
DIVISION**



A	15 Dual DB Thrusters 2x15/2x10kg	15
FOR TIME	30 Ring Rows	45
TIME CAP 12:00	30 Single DB Devil's Press 1x15/1x10kg	75
	30 Ring Rows	105
	15 Dual DB Thrusters 2x15/2x10kg	120
	FINISH TIME:	
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

SILVER DIVISION



A	15 Dual DB Thrusters 2x 22,5/15kg 15/10kg	15
FOR TIME	15 Pull-ups	30
TIME CAP 12:00	30 Single DB Devil's Press 1x 22,5/15kg 15/10kg	60
	15 Pull-ups	75
	15 Dual DB Thrusters 2x 22,5/15kg 15/10kg	90
FINISH TIME:		
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

GOLD DIVISION



PLATINUM DIVISION



DIAMOND DIVISION



A	15 Dual DB Thrusters 2x22,5/2x15kg	15
FOR TIME	30 Pull-ups (Diamond: C2B)	45
TIME CAP 12:00	30 Dual DB Devil's Press 2x22,5/2x15kg	75
	30 Pull-ups (Diamond: C2B)	105
	15 Dual DB Thrusters 2x22,5/2x15kg	120
FINISH TIME:		
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

SHORT STATURE, NEURO MINOR, SENSORY

A	15 Dual DB Thrusters 2x22,5/2x15kg (RX) / 2x15/2x10kg (Scaled)	15
FOR TIME	30 Pull-ups (RX) / Ring Rows (Scaled)	45
TIME CAP 12:00	30 Dual DB Devil's Press	75
	30 Pull-ups (RX) / Ring Rows (Scaled)	105
	15 Dual DB Thrusters	120
	FINISH TIME:	
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

LOWER 1 AND 2

Thrusters to a 50 cm box

A	15 Dual DB Thrusters 2x22,5/2x15kg (RX) / 2x15/2x10kg (Scaled)	15
FOR TIME	30 Pull-ups (RX) / Ring Rows (Scaled)	45
TIME CAP 12:00	30 Dual DB Devil's Press	75
	30 Pull-ups (RX) / Ring Rows (Scaled)	105
	15 Dual DB Thrusters	120
	FINISH TIME:	
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

NAME ATHLETE: _____ RX / SCALED: _____

BOX: _____ NAME JUDGE: _____

SIGNATURE ATHLETE: _____ SIGNATURE JUDGE: _____

NEURO MODERATE

A	15 Dual DB Thrusters 2x15/2x10kg (RX) / 2x10/2x5kg (Scaled)	15
FOR TIME	30 Pull-ups (RX) / Ring Rows (Scaled)	45
TIME CAP 12:00	30 Alt. DB Snatch	75
	30 Pull-ups (RX) / Ring Rows (Scaled)	105
	15 Dual DB Thrusters	120
	FINISH TIME:	
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

UPPER 1 AND 2

A	15 Single DB Thrusters 1x22,5/1x15kg (RX) / 1x15/1x10kg (Scaled)	15
FOR TIME	30 Pull-ups (RX) / Single Arm Ring Rows (Scaled)	45
TIME CAP 12:00	30 Single DB Devil's Press	75
	30 Pull-ups (RX) / Single Arm Ring Rows (Scaled)	105
	15 Single DB Thrusters	120
	FINISH TIME:	
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

NAME ATHLETE: _____ RX / SCALED: _____

BOX: _____ NAME JUDGE: _____

SIGNATURE ATHLETE: _____ SIGNATURE JUDGE: _____

NEURO MAJOR

Thrusters to a 50 cm box

A	15 Dual DB Thrusters 2x15/2x10kg (RX) / 2x10/2x5kg (Scaled)	15
FOR TIME	30 Pull-ups (RX) / Ring Rows (Scaled)	45
TIME CAP 12:00	30 Alt. DB Snatches	75
	30 Pull-ups (RX) / Ring Rows (Scaled)	105
	15 Dual DB Thrusters	120
FINISH TIME:		
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

NAME ATHLETE: _____

RX / SCALED: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

INTELLECTUAL

A	15 Dual DB Thrusters 2x10/2x5kg (Rx)	15
FOR TIME	30 Ring Rows Light	45
TIME CAP 12:00	30 Single DB Devil's Press	75
	30 Ring Rows Light	105
	15 Dual DB Thrusters	120
	FINISH TIME:	
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

SEATED TETRAPLEGIC

A	15 Single DB Shoulder Press 1x10/1x5kg (Rx)	15
FOR TIME	15 Cal Ski Erg	30
TIME CAP 12:00	30 Single DB Lap Clean	60
	15 Cal Ski Erg	75
	15 Single DB Shoulder Press	90
	FINISH TIME:	
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

SEATED WITH ABS

A	15 Dual DB Shoulder Press 2x15/2x10kg (Rx) / 2x10kg/2x5kg (Scaled)	15
FOR TIME	30 Wheelchair Chest to Ring Pull-ups	45
TIME CAP 12:00	30 Dual DB Lap Cleans	75
	30 Wheelchair Chest to Ring Pull-ups	105
	15 Dual DB Shoulder Press	120
	FINISH TIME:	
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

SEATED WITHOUT ABS

A	15 Dual DB Shoulder Press 2x10/2x5kg (Rx) / 1x10kg/1x5kg (Scaled)	15
FOR TIME	30 Wheelchair Ring Rows	30
TIME CAP 12:00	30 Dual DB Lap Cleans (Scaled = single DB)	60
	30 Wheelchair Ring Rows	75
	15 Dual DB Shoulder Press (scaled = single DB)	90
	FINISH TIME:	
REST EXACTLY 2 MINUTES, AND THEN		
B	2:00 Concept2 Row for max meters	

NAME ATHLETE: _____ RX / SCALED: _____

BOX: _____ NAME JUDGE: _____

SIGNATURE ATHLETE: _____ SIGNATURE JUDGE: _____

WORKOUT FLOW

- Tape the floor for the Ring Rows (only if you use ring rows).
- Set up your equipment in a way that allows us to see the movement standards clearly.
- Show an ascending timer in frame, for example by using WODProof
- Start your video with stating your full name and box.
- Then show the weight of the dumbbell(s) used.
- Hit the clock and let's go!

PART A - 0:00-12:00

The workout starts with the athlete standing tall behind the dumbbell(s). On the count of 3-2-1 GO the athlete may pick up the dumbbell(s) and start with the Thrusters / Goblet Squats. When all reps are completed, the athlete performs all assigned pulling movements, followed by the Devil's Press / DB Burpees. Then the athlete completes the next pulling movements and the last Thrusters / Goblet Squats.



Score 2A is the total time it took the athlete to complete all reps OR if the athlete did not finish: the total reps made.

- - - 2 minute BREAK - - -

The athlete has exactly 2 minutes rest. For example, the athlete finished the last thruster at 08:40, he must start rowing at 10:40. If the athlete starts too late, there will be a penalty applied of 10m per second. Make sure to set-up the rower at a 2:00 for distance set-up (see movement standards). The athlete may already sit on the rower.

PART B

When the 2:00 break is over, the athlete starts pulling the rower for max meters in 2:00. The athlete keeps rowing until the screen of the rower is at 0:00. The score is the total meters rowed as seen on the monitor of the rower.



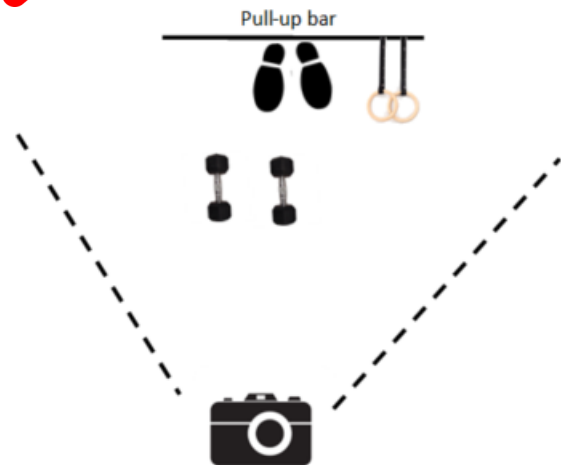
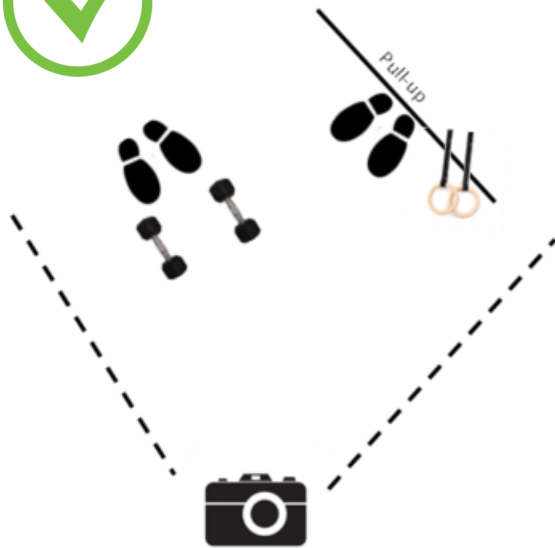
Make sure to keep the rower screen in the frame for the full 2:00 and show the end meters clearly in the video.

EQUIPMENT

- Dumbbell(s)
- Rings or Rig
- Concept2 Rower

VIDEO STANDARDS

- Start the video with stating your full name and box. Then show the weight of the dumbbell(s)
- The video must be uncut and unedited. Fisheye lenses are not allowed.
- An ascending clock (0 -> 16) 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.
- Make sure the screen of the rower is clearly visible.
- 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

**DUAL DUMBBELL THRUSTER**

The movement starts with the dumbbells in front rack position, touching the top of the shoulder with one head. The athlete squats down until the hip crease is clearly below the top of the knee. Then the athlete moves the dumbbells in a fluent movement to full lockout overhead. The rep is credited when the dumbbells are locked out overhead, with the hips, knees and arms fully extended. Both dumbbells are directly above the head of the athlete. Re-dipping (like a jerk) is not allowed. A squat clean thruster as first rep is allowed.

Lower athletes must use a 50cm / 20 inch box.

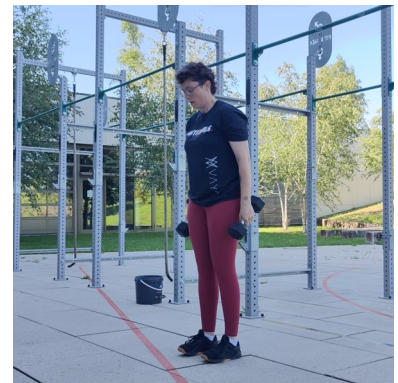
SINGLE DUMBBELL THRUSTER

Same standard as dual, but now only one dumbbell is used. The non-working hand may not assist in pushing nor lowering the dumbbell. Athletes may switch hands, but this is not mandatory.



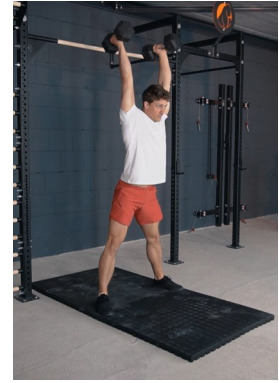
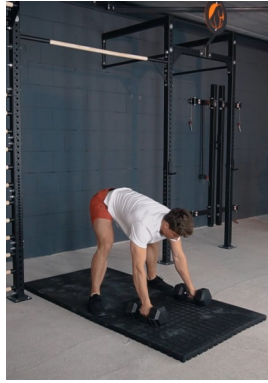
SINGLE DUMBBELL GOBLET SQUAT

The dumbbell must be held at the chest with both hands supporting the dumbbell and the elbows underneath the dumbbell. Every rep, including the first rep, must begin with hips and knees extended with the dumbbell in position. The athlete's hip crease must clearly pass below the top of the knees in the bottom position of the squat. The rep is credited when the athlete's hips and knees are fully extended and the dumbbell is supported in front of the body with both hands.



DUAL DUMBBELL BURPEE

This movement starts with the dumbbells on the ground. The athlete holds onto the dumbbells, jumps or steps back to let the chest make full contact with the ground. Then, the athlete steps or jumps back up on their feet and lifts both dumbbells to a standing position in one movement. The rep is credited when the dumbbells are lifted off the floor, with the hips, knees, and arms fully extended. Hands must remain in contact with the dumbbells throughout the entire movement, including the burpee.



DUAL DUMBBELL DEVIL'S PRESS

This movement starts with the dumbbells on the ground. The athlete holds onto the dumbbells, jumps or steps back to let the chest make full contact with the ground. Then, the athlete steps or jumps back up on their feet and raises 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.

SINGLE DUMBBELL DEVIL'S PRESS

Same standards apply as for the dual dumbbell devil's press. The dumbbell may be switched from one hand to another after the rep is completed. Alternating reps is optional.

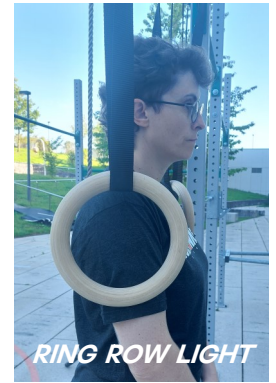
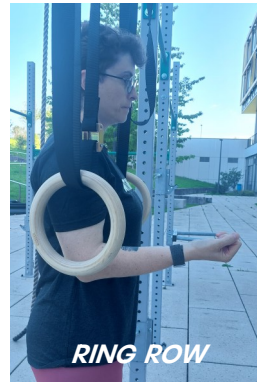


PULL-UPS

Start each repetition 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-UPS

Start each repetition 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.



RING ROW

RING ROW LIGHT

RING ROW

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. One arm in a 90 degree angle next to the ring. 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.

RING ROW LIGHT (INTELLECTUAL)

Same standard as the regular Ring Row, but now the top of the rings are at shoulder height.

SINGLE ARM RING ROW (UPPER)

Same standard as the regular Ring Row, but now the top of the rings are at shoulder height, and the movement is performed with one arm only.



DUMBBELL LAP CLEAN (SEATED)

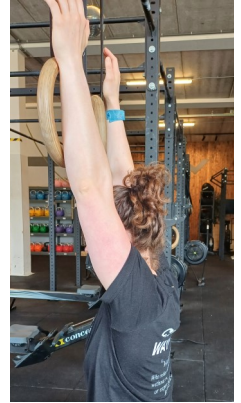
The movement starts with the dumbbells on the lap of the athlete. The athlete moves the dumbbells from the lap to the front rack position. In the end position, one head of each dumbbell touches the top of the shoulder. The athlete has control over the dumbbells.

If one dumbbell is used, reps do not need to be alternating. The non-lifting hand may not assist/touch the dumbbell.



WHEELCHAIR RING MOVEMENTS

For all ring movements: the height of the rings needs to be: top of the rings at wrist height when the arms are extended overhead. Show this in your video!



RING ROW



CHEST TO RING PULL UP

WHEELCHAIR RING ROW (SEATED)

The movement starts with the athlete seated in the fixed wheelchair where the shoulders are underneath the rings. The athlete grabs the rings and pulls themselves out of the chair, then sits back in the chair again.

WHEELCHAIR CHEST TO RING PULL UP (SEATED)

The movement starts with the athlete seated in the fixed wheelchair where the shoulders are underneath the rings. The athlete grabs the rings and pulls themselves up until the chest is clearly touching the rings/hands, then sits back in the chair again.



DUMBBELL SHOULDER PRESS (SEATED)

The movement starts with the athlete seated with the dumbbells in the front rack position. One head of each dumbbell must be at the top of the shoulder. The athlete moves the dumbbells to an overhead position, where the dumbbells are straight above the athlete's body, with elbows fully extended. The athlete is in control over the dumbbells.


If one dumbbell is used, reps do not need to be alternating. The non-lifting hand may not assist/touch the dumbbell.

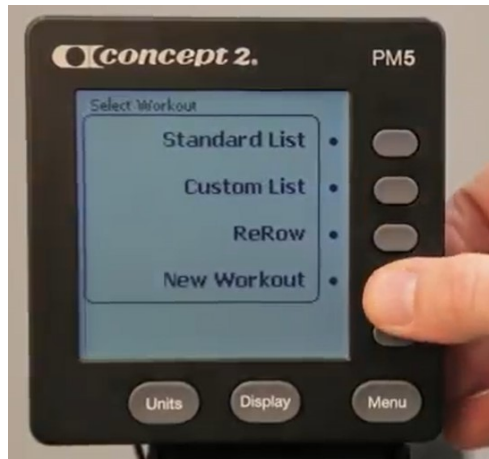
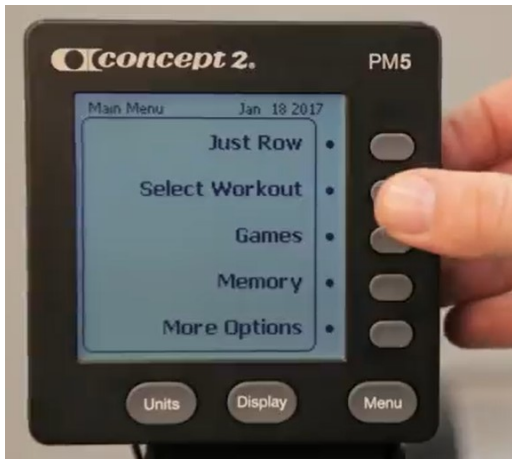
SKI ERG (TETRAPLEGIC)

The movement starts with the monitor put to 0 calories. The athlete ski's until the assigned number of calories is shown on the screen.

ROW

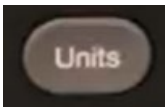
The movement starts with the monitor put to 2:00. This is VERY important:

- Select workout
- New workout
- Single Time
- Use the arrows, plus and minus to get to
 - Set Time: 0:02:00
- Press checkmark 



The athlete may set-up the monitor and sit on the rower before the 2:00 rest is over. The athlete must start their 2:00 row at or before the 2:00 of rest is over.

The number of meters on the screen is the score of the athlete.

If the monitor shows calories or wattage, press the  button to switch to meters.