

## Welcome to the last Event of season 7!

This workout is one workout that will count for 200%. If you have the best score, you'll get **2** points. Let's get ready for that final fight to the top of the leaderboard!

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 score of Event **4** will get a personalized winner t-shirt. In case of a tie, the athlete with the best tiebreak time will receive the shirt.

If you have any questions, or problems with logging, contact us at [info@thenationals.nl](mailto:info@thenationals.nl)

Good luck!

*Team The Nationals*

**EVENT 4 (200%) - From 0:00-20:00**

For Time, with a **20** minute time cap

Teens	Youngsters	Iron	Bronze
40/30 Cal Concept2 Row 40 Leg Raises 30 Hang Snatches 20/15kg 30 Ring Rows	50/40 Cal Concept2 Row 30 Toes to Bars 30 Hang Snatches 30/20kg 30 Pull-ups	60/50 Cal Concept2 Row 60 Knee Raises 30 Hang Snatches 30/20kg 30 Ring Rows	60/50 Cal Concept2 Row 60 Leg Raises 30 Snatches 35/25kg 20 Pull-ups

Silver	Gold	Platinum	Diamond
60/50 Cal Concept2 Row 30 Toes to Bars 30 Snatches 40/30kg 30 Pull-ups	60/50 Cal Concept2 Row 40 Toes to Bars 30 Snatches 50/35kg 30 Chest to Bar Pull-ups	60/50 Cal Concept2 Row 60 Toes to Bars 30 Snatches 60/42,5kg 30 Bar Muscle Ups	60/50 Cal Concept2 Row 60 Toes to Bars 30 Snatches 70/47,5kg 30 Bar Muscle Ups

There is a tiebreak time after the last Toes to Bar / Leg Raise / Knee Raise.

**EVENT 4 (200%) - From 0:00-20:00**

For Time, with a **20** minute time cap

There is a tiebreak time after the last Toes to Bar / Leg Raise / Knee Raise.

	Intellectual	Short Stature	Lower 1	Lower 2	Sensory
RX	40/30 Cal Concept2 Row 40 Knee Raises 30 Hang Snatches 20/15kg 30 Ring Rows Light	40/30 Cal Concept2 Row 40 Toes to Bars 30 Snatches 25/20kg 30 Chest to Bar Pull-ups	60/50 Cal Concept2 Row 40 Toes to Bars 30 Hang Snatches 30/20kg 30 Bar Muscle Ups	60/50 Cal Concept2 Row 40 Toes to Bars 30 Hang Snatches 35/25kg 30 Bar Muscle Ups	60/50 Cal Concept2 Row 40 Toes to Bars 30 Snatches 40/30kg 30 Chest to Bar Pull-ups
SC	Sit-ups	Knee Raises 20/15kg Pull-ups	Knee Raises 20/15kg Pull-ups	Knee Raises 20/15kg Pull-ups	Knee Raises 20/15 hang snatch Pull-ups

	Neuro Major	Neuro Moderate	Neuro Minor	Upper 1	Upper 2
RX	60/50 Cal Concept2 Row 40 Knee Raises 30 Hang Snatches 25/20kg 30 Pull-ups	60/50 Cal Concept2 Row 40 Knee Raises 30 Snatches 35/25kg 30 Pull-ups	60/50 Cal Concept2 Row 40 Toes to Bars 30 Snatches 40/30kg 30 Chest to Bar Pull-ups	60/50 Cal Concept2 Row 40 Toes to Bars 30 SA Dumbbell Snatches 22,5/15kg 30 Pull-ups	60/50 Cal Concept2 Row 40 Toes to Bars 30 Snatches 30/20kg 30 Chest to Bar Pull-ups
SC	Sit-ups 20/15kg Ring Rows	Sit-ups 20/15kg hang snatch Ring Rows	Knee Raises 20/15kg hang snatch Pull-ups	Knee Raises 15/10kg Single Arm Ring Row	Knee Raises 20/15kg hang snatch Single Arm Ring Row

Seated w/o Abs	Seated with Abs	Seated Tetraplegic with tricep	Seated Tetraplegic without tricep
40/30 Cal Concept2 Row 40 DB Russian Twist 10/5kg 30 Barbell Snatches 20/15kg 30 Wheelchair Chin over Ring Pull-ups	40/30 Cal Concept2 Row 40 DB Russian Twist 15/10kg 30 Barbell Lap Snatches 25/10kg 30 Wheelchair Chest to Ring Pull-up	40 Cal Concept2 Row 40 DB Russian Twist 5kg 30 Alt. DB Lap Snatches 5kg 30 DB High Pulls 5kg	30 Cal Concept2 Row 40 DB Russian Twist 3kg 30 Alt. DB Lap Snatches 3kg 30 DB High Pulls 3kg

**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				

*WORKOUT FLOW*

Set up your equipment in a way that allows us to see the movement standards clearly. Show an ascending timer (0->20) in frame, for example by using WODProof or WeTime. Start your video with stating your full name and box. Then show the weight of the barbell and all plates used. Make sure the screen of the rower is clearly visible. Hit the clock and let's go!

**PART A - 00:00-20:00**

The workout starts with the athlete seated on the rower, not touching the handle. On the count of 3-2-1 GO the athlete may grab the handle and start rowing. When the screen shows the assigned number of calories, the athlete advances to the rig to perform 30/40/60 reps of a toes to bar variation. After the last rep, note the tiebreak time (see score). When all reps are done, the athlete performs 30 barbell snatches. The athlete finishes with the 20/30 Pull-up variations to finish up the workout.



Score 4 is the total time it took the athlete to complete all reps OR if the athlete did not finish: the total reps made. Note that there is a tiebreak time after the last TTB. Enter the tiebreak time with your score. In case two athletes have the same score, the athlete with the fastest tiebreak time ends up above the other athlete. If you're unable to perform the last movement, try to get there as fast as possible and have the best tiebreak time.

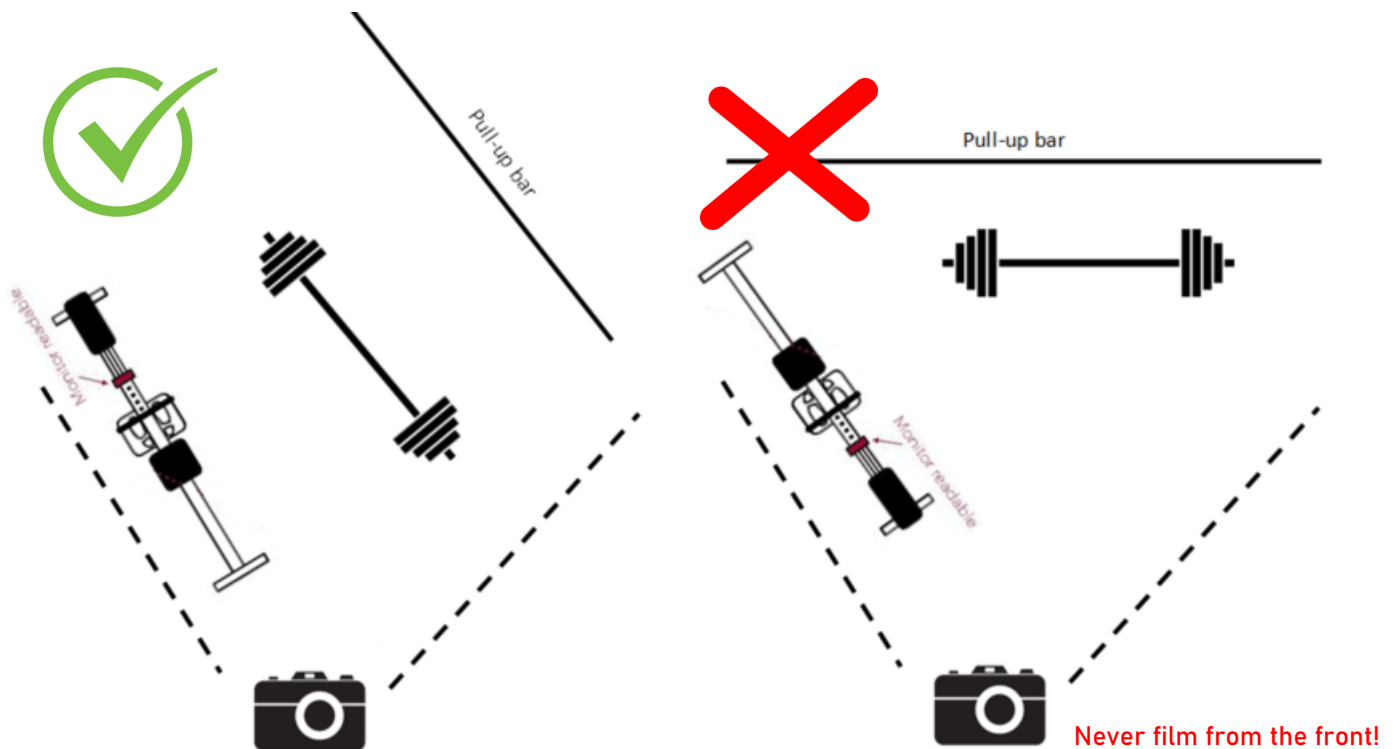
**TIEBREAK TIP:** instead of letting your judge write the tiebreak time (and having his eyes off the athlete), check the tiebreak time after completing the workout by watching your video.

### EQUIPMENT

- Barbell with plates and collars
- Tape (Ring Rows only)
- Concept2 Rower
- Rig

### VIDEO STANDARDS

- Start the video with stating your full name and box. Then show the weight of the barbell and all plates used.
- Show the measures of the Ring Row height + taped line. (Ring Row divisions only)
- 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 in WODProof.



MOVEMENT STANDARDS

GENERAL RULES

- Tape and/or grips may be used in the rig.
- Grips may not be wrapped around 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](mailto:info@thenationals.nl)



BARBELL 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. Hang snatches are not allowed.



BARBELL HANG SNATCH

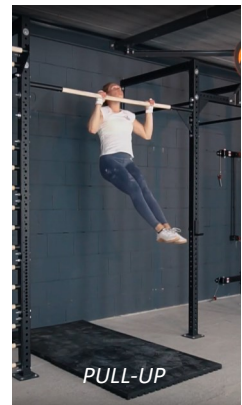
The movement starts with the athlete standing tall with the barbell in their hands and hips and knees fully extended. The barbell moves from the hang position (above the knees) to the overhead position in one fluent motion. In the end position, the barbell is straight above the head. The elbows, hips and knees are fully extended and both feet are straight under the hips. The athlete has control over the barbell. A snatch from the floor is a no-rep and does not count. The athlete needs to stand up with the bar and make a downwards motion first.

**CONCEPT 2 ROW**

Start with setting up the monitor as stated in the preparation details. **Show the end 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 time or task (calories/ distance) has been finished.



All hanging gymnastic movements below 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.



**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 swings his knees up in front of the body, until the top of the knees are clearly 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 swings his legs up in front of the body, until both feet are clearly 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.

**TOES TO BARS**

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 feet until both feet are touching the pull-up bar at the same time, 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.

**PULL-UPS**

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.





All hanging gymnastic movements below 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.

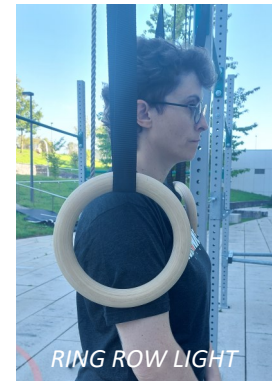
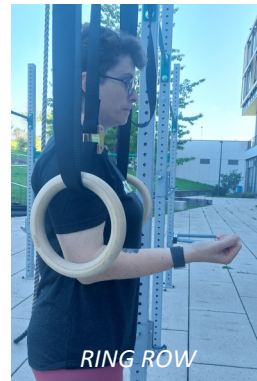


**CHEST TO BAR PULL-UPS**

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 UPS**

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. No other body part than the hands may be on the rig (no climbing in the rig). Once on top, the hands must stay in contact with the bar, and athlete must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.



**RING ROWS**

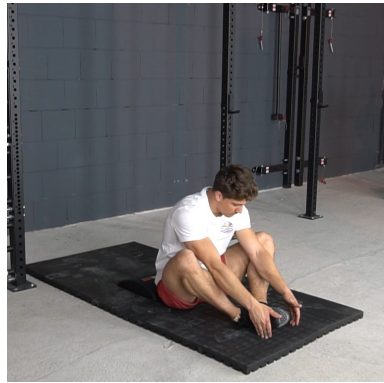
Before the workout, make sure to get the right set-ups for the Ring Rows. Always show this at the start of your video. Start with taping a clear line on the floor, straight under the rings. This must be taped so it can be viewed from your chosen camera angle. For the height of the rings, the athlete 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 ROWS LIGHT (ADAPTIVE INTELLECTUAL)**

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

**SINGLE ARM RING ROWS (ADAPTIVE 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.

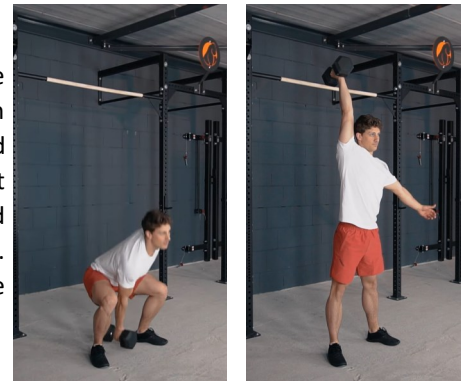


**SIT-UPS (SCALED)**

The movement starts with the athlete sitting on the floor, having their foot soles pressed against each other, knees flaring out. The athlete touches the floor with their upper back, and touches the floor behind the head with both hands at the same time. Then the athlete sits back up, with both shoulders in front of the hips, and touches the floor in front of their shoes with both hands at the same time. This is one repetition. During the movement, the soles of the feet need to stay together.

**SINGLE ARM DUMBBELL SNATCHES (UPPER 1)**

The movement starts with the dumbbell with one head touching 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 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. The non-lifting hand and arm may not be in contact with the body during the whole movement. Athletes may switch hands, but this is not mandatory.



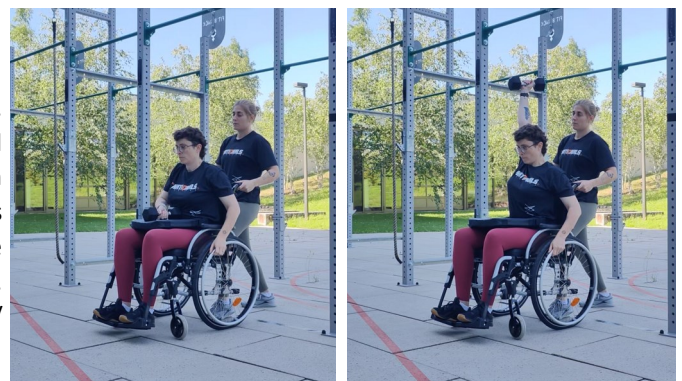
**DUMBBELL RUSSIAN TWIST (SEATED)**

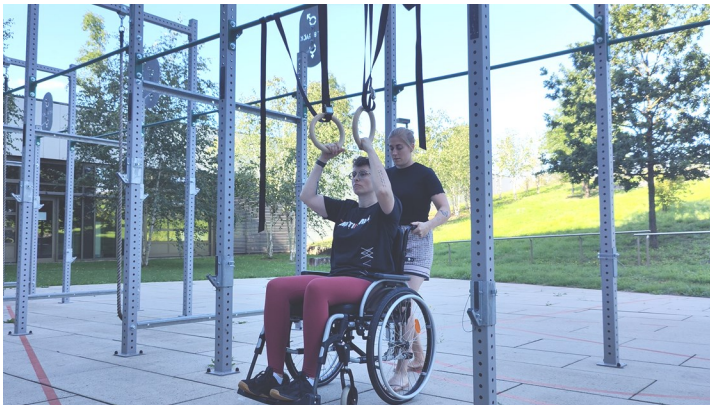
The movement starts with the athlete holding the dumbbell, at the iron, on one side of the body with two hands. The dumbbell touches the wheel on one side of the athlete. Then, the athlete will move the dumbbell from one side of the body to the other by passing the dumbbell over the thighs in a twisting motion, until one head of the dumbbell is touching the opposite wheel. Then the athlete moves the dumbbell back to the starting side, touching the wheel with the head of the dumbbell. This is one repetition.



**ALTERNATING DUMBBELL LAP SNATCHES (SEATED)**

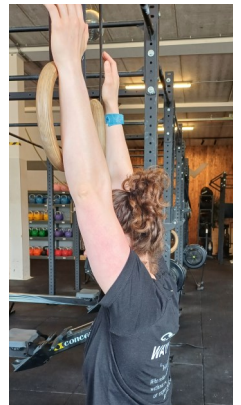
The movement starts with the dumbbell on the lap of the athlete. The athlete moves the dumbbell from the lap to the overhead position, in one fluent motion. A clean and press is not allowed. In the end position, the dumbbell is straight above the athlete's body, with elbow fully extended. The athlete is in control over the dumbbell. The next repetition has to be done with the other arm. Reps 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!



**WHEELCHAIR 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 chin is clearly above the hands, 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 HIGH PULLS (SEATED)**

The movement starts with the dumbbell on the lap of the athlete. The athlete holds onto the iron part of the dumbbell and pulls the dumbbell up until the elbows are clearly higher than the shoulder of the athlete.



**BARBELL LAP SNATCH (SEATED)**

The movement starts with the barbell on the lap of the athlete. The barbell moves the bar fluently from the lap to the overhead position. In the end position, the barbell is straight above the head of the athlete, with elbows fully extended. The athlete has control over the barbell. A Clean and Press is not allowed.



**TEENS**  
DIVISION



	40/30 Cal Concept2 Row	40/30
FOR TIME	40 Leg Raises	80/70
TIME CAP 20:00	TIEBREAK TIME	
	30 Hang Snatch 20/15kg	110/100
	30 Ring Rows	140/130
FINISH TIME:		

**YOUNGSTERS**  
DIVISION



	50/40 Cal Concept2 Row	50/40
FOR TIME	30 Toes to Bars	80/70
TIME CAP 20:00	TIEBREAK TIME	
	30 Hang Snatches 30/20kg	110/100
	30 Pull-ups	140/130
FINISH TIME:		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**IRON**  
DIVISION



	60/50 Cal Concept2 Row	60/50
FOR TIME	60 Knee Raises	120/110
TIME CAP 20:00	TIEBREAK TIME	
	30 Hang Snatches 30/20kg	150/140
	30 Ring Rows	180/170
FINISH TIME:		

**BRONZE**  
DIVISION



	60/50 Cal Concept2 Row	60/50
FOR TIME	60 Leg Raises	120/110
TIME CAP 20:00	TIEBREAK TIME	
	30 Snatches 35/25kg	150/140
	20 Pull-ups	170/160
FINISH TIME:		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**SILVER**  
DIVISION



	60/50 Cal Concept2 Row	60/50
FOR TIME	30 Toes to Bars	90/80
TIME CAP 20:00	TIEBREAK TIME	
	30 Snatches 40/30kg	120/110
	30 Pull-ups	150/140
FINISH TIME:		

**GOLD**  
DIVISION



	60/50 Cal Concept2 Row	60/50
FOR TIME	40 Toes to Bars	100/90
TIME CAP 20:00	TIEBREAK TIME	
	30 Snatches 50/35kg	130/120
	30 Chest to Bar Pull-ups	160/150
FINISH TIME:		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**PLATINUM**  
DIVISION



	60/50 Cal Concept2 Row	60/50
FOR TIME	60 Toes to Bars	120/110
TIME CAP 20:00	TIEBREAK TIME	
	30 Snatches 60/42,5kg	150/140
	30 Bar Muscle Ups	180/170
	FINISH TIME:	

**DIAMOND**  
DIVISION



	60/50 Cal Concept2 Row	60/50
FOR TIME	60 Toes to Bars	120/110
TIME CAP 20:00	TIEBREAK TIME	
	30 Snatches 70/47,5kg	150/140
	30 Bar Muscle Ups	180/170
	FINISH TIME:	

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

### ADAPTIVE INTELLECTUAL

	40/30 Cal Concept2 Row	40/30
FOR TIME	40 Knee Raises (Scaled: Sit-ups)	80/70
TIME CAP 20:00	TIEBREAK TIME	
	30 Hang Snatches 20/15kg	110/100
	30 Ring Rows Light	140/130
	FINISH TIME:	

### ADAPTIVE SHORT STATURE

	40/30 Cal Concept2 Row	50/40
FOR TIME	40 Toes to Bars (scaled: Knee Raises)	90/80
TIME CAP 20:00	TIEBREAK TIME	
	30 Snatches 25/20kg (scaled: 20/15kg Hang)	120/110
	30 Chest to Bar Pull-ups (scaled: pull-ups)	150/140
	FINISH TIME:	

NAME ATHLETE: \_\_\_\_\_

RX / SCALED: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_



## ADAPTIVE LOWER 1

	60/50 Cal Concept2 Row	60/50
FOR TIME	40 Toes to Bars (sc: knee raises)	100/90
TIME CAP 20:00	TIEBREAK TIME	
	30 Hang Snatches 30/20kg (scaled: 20/15kg)	130/120
	30 Bar Muscle Ups (sc: pull-ups)	160/150
	FINISH TIME:	

## ADAPTIVE LOWER 2

	60/50 Cal Concept2 Row	60/50
FOR TIME	40 Toes to Bars (sc: knee raises)	100/90
TIME CAP 20:00	TIEBREAK TIME	
	30 Hang Snatches 35/25kg (scaled: 20/15kg)	130/120
	30 Bar Muscle Ups (sc: pull-ups)	160/150
	FINISH TIME:	

NAME ATHLETE: \_\_\_\_\_

RX / SCALED: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

## ADAPTIVE UPPER 1

	60/50 Cal Concept2 Row	60/50
FOR TIME	40 Toes to Bars (sc: knee raises)	100/90
TIME CAP 20:00	TIEBREAK TIME	
	30 SA DB Snatches 22,5/15kg (scaled: 15/10kg)	130/120
	30 Pull-ups (sc: Single Arm Ring Rows)	160/150
	FINISH TIME:	

## ADAPTIVE UPPER 2

	60/50 Cal Concept2 Row	60/50
FOR TIME	40 Toes to Bars (sc: knee raises)	100/90
TIME CAP 20:00	TIEBREAK TIME	
	30 Snatches 30/20kg (scaled: 20/15kg Hang)	130/120
	30 Chest to Bar Pull-ups (sc: Single Arm Ring Rows)	160/150
	FINISH TIME:	

NAME ATHLETE: \_\_\_\_\_

RX / SCALED: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

### ADAPTIVE SENSORY

	60/50 Cal Concept2 Row	60/50
FOR TIME	40 Toes to Bars (sc: knee raises)	100/90
TIME CAP 20:00	TIEBREAK TIME	
	30 Snatches kg (scaled: 20/15kg hang)	130/120
	30 Chest to Bar Pull-ups (sc: pull-ups)	160/150
	FINISH TIME:	

### ADAPTIVE NEURO MINOR

	60/50 Cal Concept2 Row	60/50
FOR TIME	40 Toes to Bars (sc: knee raises)	100/90
TIME CAP 20:00	TIEBREAK TIME	
	30 Snatches 40/30kg (scaled: 20/15kg hang)	130/120
	30 Chest to Bar Pull-ups (sc: pull-ups)	160/150
	FINISH TIME:	

NAME ATHLETE: \_\_\_\_\_

RX / SCALED: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

### ADAPTIVE NEURO MAJOR

	60/50 Cal Concept2 Row	60/50
FOR TIME	40 Knee Raises (sc: sit-ups)	100/90
TIME CAP 20:00	TIEBREAK TIME	
	30 Hang Snatches 25/20kg (scaled: 20/15kg)	130/120
	30 Pull-ups (sc: ring rows)	160/150
	FINISH TIME:	

### ADAPTIVE NEURO MODERATE

	60/50 Cal Concept2 Row	60/50
FOR TIME	40 Knee Raises (sc: sit-ups)	100/90
TIME CAP 20:00	TIEBREAK TIME	
	30 Snatches 35/25kg (scaled: 20/15kg hang)	130/120
	30 Pull-ups (sc: ring rows)	160/150
	FINISH TIME:	

NAME ATHLETE: \_\_\_\_\_

RX / SCALED: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

### ADAPTIVE SEATED W/O ABS

	40/30 Cal Concept2 Row	40/30
FOR TIME	40 DB Russian Twist 10/5kg	80/70
TIME CAP 20:00	TIEBREAK TIME	
	30 Barbell Lap Snatches 20/15kg	110/100
	30 Wheelchair Chin over Ring Pull-ups	140/130
FINISH TIME:		

### ADAPTIVE SEATED W ABS

	40/30 Cal Concept2 Row	40/30
FOR TIME	40 DB Russian Twist 15/10kg	80/70
TIME CAP 20:00	TIEBREAK TIME	
	30 Barbell Lap Snatches 25/20kg	110/100
	30 Wheelchair Chest to Ring Pull-ups	140/130
FINISH TIME:		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

### ADAPTIVE SEATED TETRAPLEGIC WITH TRICEP

	40 Cal Concept2 Row	40
FOR TIME	40 DB Russian Twist 5kg	80
TIME CAP 20:00	TIEBREAK TIME	
	30 Alt. DB Lap Snatches 5kg	110
	30 DB High Pulls 5kg	140
FINISH TIME:		

### ADAPTIVE SEATED TETRAPLEGIC WITHOUT TRICEP

	30 Cal Concept2 Row	40
FOR TIME	40 DB Russian Twist 3kg	80
TIME CAP 20:00	TIEBREAK TIME	
	30 Alt. DB Lap Snatches 3kg	110
	30 DB High Pulls 3kg	140
FINISH TIME:		

NAME ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

NAME JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_