

## **Welcome to the first Event of season 8!**

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 two part workout. Each part counts for 100%. If you have the best score, you'll get 1 point.

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 Finals, 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 and 1b will get a personalized winner t-shirt. In case of a tie, the athlete with the highest ranking on event 1a 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*

| <b><i>Event A - ALL ADULT DIVISIONS</i></b><br><b>From 0:00 - 14:00, FOR REPS</b> |              |                        |                           |                     |
|-----------------------------------------------------------------------------------|--------------|------------------------|---------------------------|---------------------|
|                                                                                   | 12 DEADLIFTS | 9 HANG POWER<br>CLEANS | 6 SHOULDER TO<br>OVERHEAD | MAX BURPEE OVER BAR |
| FROM 0:00—2:00                                                                    |              |                        |                           |                     |
| FROM 2:00-4:00: REST                                                              |              |                        |                           |                     |
| FROM 4:00-6:00                                                                    |              |                        |                           |                     |
| FROM 6:00-8:00: REST                                                              |              |                        |                           |                     |
| FROM 8:00-10:00                                                                   |              |                        |                           |                     |
| FROM 10:00-12:00: REST                                                            |              |                        |                           |                     |
| FROM 12:00-14:00                                                                  |              |                        |                           |                     |
| FROM 14:00-16:00: REST                                                            |              |                        |                           |                     |
| SCORE = TOTAL REPS (DL + HPC + STOH + BURPEES) = _____                            |              |                        |                           |                     |

|        | Iron    | Bronze  | Silver<br>Master 45+ | Gold<br>Master 35+ | Platinum | Diamond   |
|--------|---------|---------|----------------------|--------------------|----------|-----------|
| Weight | 30/20kg | 35/25kg | 40/30kg              | 50/35kg            | 60/40kg  | 70/47,5kg |

| <b><i>Event B - ALL ADULT DIVISIONS</i></b><br><b>From 16:00 - 20:00, FOR LOAD (KG)</b> |           |           |           |                                       |
|-----------------------------------------------------------------------------------------|-----------|-----------|-----------|---------------------------------------|
| FOR MAX WEIGHT: 1 DEADLIFT + 2 HANG POWER CLEANS + 3 SHOULDER TO OVERHEAD               |           |           |           |                                       |
| ATTEMPT 1                                                                               | ATTEMPT 2 | ATTEMPT 3 | ATTEMPT 4 | SCORE = HEAVIEST LIFT:<br><br>_____KG |

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

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

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

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

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

**Event A - TEENS & YOUNGSTERS**
**From 0:00 - 14:00, FOR REPS**

|                                                        | 12 DEADLIFTS | 9 HANG POWER<br>CLEANS | 6 SHOULDER TO<br>OVERHEAD | MAX BURPEE OVER BAR |
|--------------------------------------------------------|--------------|------------------------|---------------------------|---------------------|
| FROM 0:00—2:00                                         |              |                        |                           |                     |
| FROM 2:00-4:00: REST                                   |              |                        |                           |                     |
| FROM 4:00-6:00                                         |              |                        |                           |                     |
| FROM 6:00-8:00: REST                                   |              |                        |                           |                     |
| FROM 8:00-10:00                                        |              |                        |                           |                     |
| FROM 10:00-12:00: REST                                 |              |                        |                           |                     |
| FROM 12:00-14:00                                       |              |                        |                           |                     |
| FROM 14:00-16:00: REST                                 |              |                        |                           |                     |
| SCORE = TOTAL REPS (DL + HPC + STOH + BURPEES) = _____ |              |                        |                           |                     |

|        | Teens   | Youngsters |
|--------|---------|------------|
| Weight | 20/15kg | 35/25kg    |

**Event B - ALL ADULT DIVISIONS**
**From 16:00 - 20:00, FOR LOAD (KG)**

| FOR MAX WEIGHT: 1 DEADLIFT + 2 HANG POWER CLEANS |           |           |           |                        |
|--------------------------------------------------|-----------|-----------|-----------|------------------------|
| ATTEMPT 1                                        | ATTEMPT 2 | ATTEMPT 3 | ATTEMPT 4 | SCORE = HEAVIEST LIFT: |
|                                                  |           |           |           | _____KG                |

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

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

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

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

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

**WORKOUT FLOW**



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 on the barbell.  
 Hit the clock and let's go!

**PART A - 0:00-14:00**

The workout starts with the athlete standing tall. On the count of 3-2-1 GO the athlete may touch the barbell and perform 12 deadlifts, followed by 9 hang power cleans and 6 shoulder to overhead. When these are completed, the athlete performs as many burpee over bar as possible until the clock hits 2:00. The athlete rests from 2:00-4:00 and repeats this AMRAP for a total of 4 times (until 14:00).



Score 1A is the total number of reps made. (Deadlifts, hang power cleans, shoulder to overhead and burpees).

From 14:00-16:00, the athlete rests. The athlete may already load the barbell for their first attempt. Others may assist in loading the barbell.

**PART B - 16:00-20:00**

When the clock hits 16:00, the athlete has 4 minutes to perform an unbroken complex of 1 deadlift, 2 hang power cleans and 3 shoulder to overheads (Teens/Youngsters do not perform the shoulder to overhead). In the complex, the barbell may not rest on the floor and all movements have to be completed before the barbell can be put down. If the athlete fails a part of the complex, the whole complex is a no rep. The whole complex needs to be perfect!

Others may assist in loading the barbell. The weight may go up and down. Collars must be on the outside of all plates. The lift complex must be completed before the 20:00 mark.



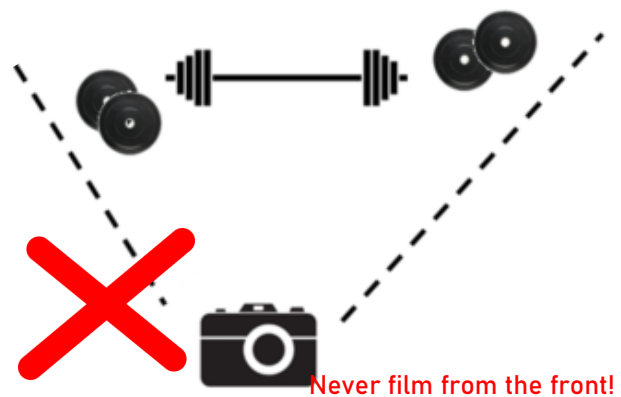
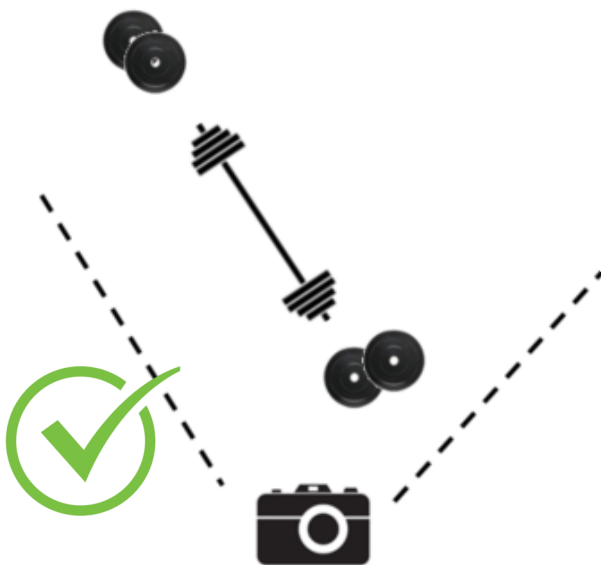
Score 1B is the total weight on the bar in KG, rounded to 0 decimals. 62,5kg will be 62kg. Make sure to show the end weight of your complex before stopping the video!

**EQUIPMENT**

- Barbell
- Plates
- Collars

**VIDEO STANDARDS**

- 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 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.
- 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 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.

Teens/Iron Female: If a bar with smaller plates are used, the barbell must start below the knee.



### **BARBELL HANG POWER CLEAN**

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 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 clean from the floor is a no-rep and does not count. The athlete needs to extend in a deadlift first.



### ***BARBELL SHOULDER TO OVERHEAD***

The athlete gets the bar overhead, where the bar is straight above the head, with feet under the hips, and elbows, hips and knees fully extended. The athlete is in control over the bar. 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 bar is lowered.



### ***BURPEE OVER BAR***

The movement starts with the athlete on one side of the barbell. The athlete steps or jumps back into the bottom position. In the bottom position, the athlete lies on the floor with the chest (nipple height) and hips/thighs are touching the floor at the same time. From this position, the athlete can step or jump back on their feet. The athlete then jumps over the barbell and lands on the other side. Only Teen and Iron athletes are allowed to step over the barbell. This is one repetition. Repetitions may be done lateral or bar facing, as long as all standards are met.

Teens/Iron Female: if a barbell with smaller plates is used for the complex, a second barbell with regular height plates MUST be used for the burpees.