

Welcome to the second 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 2a and 2b will get a personalized winner t-shirt. In case of a tie, the athlete with the highest ranking on event 2b will receive the shirt.

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

Good luck!

Team The Nationals

EVENT 2A - For reps - AMRAP 6 minutes

Teens	Youngsters	Iron	Bronze
AMRAP 6 min 20 Knee Raises 40 Single Unders 15 Knee Raises 30 Single Unders 10 Knee Raises 20 Single Unders	AMRAP 6 min 15 Toes to Bars 30 Double Unders 10 Toes to Bars 20 Double Unders 5 Toes to Bars 10 Double Unders	AMRAP 6 min 20 Knee Raises 40 Single Unders 15 Knee Raises 30 Single Unders 10 Knee Raises 20 Single Unders	AMRAP 6 min 20 Single Leg Toes to Bars 40 Single Unders 15 Single Leg Toes to Bars 30 Single Unders 10 Single Leg Toes to Bars 20 Single Unders
Silver / Masters 45+	Gold / Masters 35+	Platinum	Diamond
AMRAP 6 min 15 Toes to Bars 30 Double Unders 10 Toes to Bars 20 Double Unders 5 Toes to Bars 10 Double Unders	AMRAP 6 min 20 Toes to Bars 40 Double Unders 15 Toes to Bars 30 Double Unders 10 Toes to Bars 20 Double Unders	AMRAP 6 min 30 Toes to Bars 60 Double Unders 20 Toes to Bars 40 Double Unders 10 Toes to Bars 20 Double Unders	AMRAP 6 min 30 Toes to Bars 60 Double Unders 20 Toes to Bars 40 Double Unders 10 Toes to Bars 20 Double Unders

Rest until the clock hits 8:00, and then

EVENT 2B - For time with a 12 minute time cap

Teens	Youngsters	Iron	Bronze
40 Wall Balls Light 6/4kg 30 Hang Snatches 20/15kg 40 Wall Balls Light	40 Wall Balls 6/4kg 30 Hang Snatches 30/20kg 40 Wall Balls	40 Wall Balls Light 9/6kg 30 Hang Snatches 30/20kg 40 Wall Balls Light	40 Wall Balls 9/6kg 30 Snatches 35/25kg 40 Wall Balls
Silver / Masters 45+	Gold / Masters 35+	Platinum	Diamond
50 Wall Balls 9/6kg 30 Snatches 40/30kg 50 Wall Balls	50 Wall Balls 9/6kg 30 Snatches 50/35kg 50 Wall Balls	50 Wall Balls 9/6kg 30 Snatches 60/40kg 50 Wall Balls	50 Wall Balls 9/6kg 30 Snatches 70/45kg 50 Wall Balls

TEENS
DIVISION

IRON
DIVISION


Event A - AMRAP		
From 0:00 - 6:00, FOR REPS		
	Round 1	Round 2
20 Knee Raises	20	155
40 Single Unders	60	195
15 Knee Raises	75	210
30 Single Unders	105	240
10 Knee Raises	115	250
20 Single Unders	135	270
SCORE = TOTAL REPS = _____		
FROM 6:00-8:00: REST		

Event B			
From 8:00 - 20:00, FOR TIME			
	Teens	Iron	Reps
40 Wall Balls Light	6/4kg	9/6kg	40
30 Hang Snatches	20/15kg	30/20kg	70
40 Wall Balls Light	6/4kg	9/6kg	110
SCORE = TIME = _____			

NAME ATHLETE: _____

BOX: _____

SIGNATURE ATHLETE: _____

NAME JUDGE: _____

SIGNATURE JUDGE: _____

YOUNGSTERS
DIVISION



<i>Event A - AMRAP</i> From 0:00 - 6:00, FOR REPS		
	Round 1	Round 2
15 Toes to Bars	15	105
30 Double Unders	45	135
10 Toes to Bars	55	145
20 Double Unders	75	165
5 Toes to Bars	80	170
10 Double Unders	90	180
SCORE = TOTAL REPS = _____		
FROM 6:00-8:00: REST		

<i>Event B</i> From 8:00 - 20:00, FOR TIME	
	Reps
40 Wall Balls 6/4kg	40
30 Hang Snatches 30/20kg	70
40 Wall Balls 6/4kg	110
SCORE = TIME = _____	

NAME ATHLETE: _____

BOX: _____

SIGNATURE ATHLETE: _____

NAME JUDGE: _____

SIGNATURE JUDGE: _____

BRONZE
DIVISION



<i>Event A - AMRAP</i> From 0:00 - 6:00, FOR REPS		
	Round 1	Round 2
20 Single Leg TTB	20	155
40 Single Unders	60	195
15 Single Leg TTB	75	210
30 Single Unders	105	240
10 Single Leg TTB	115	250
20 Single Unders	135	270
SCORE = TOTAL REPS = _____		
FROM 6:00-8:00: REST		

<i>Event B</i> From 8:00 - 20:00, FOR TIME	
	Reps
40 Wall Balls 9/6kg	40
30 Snatches 35/25kg	70
40 Wall Balls 9/6kg	110
SCORE = TIME = _____	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

SILVER
DIVISION



MASTERS 45+
DIVISION



Event A - AMRAP		
From 0:00 - 6:00, FOR REPS		
	Round 1	Round 2
15 Toes to Bars	15	105
30 Double Unders	45	135
10 Toes to Bars	55	145
20 Double Unders	75	165
5 Toes to Bars	80	170
10 Double Unders	90	180
SCORE = TOTAL REPS = _____		
FROM 6:00-8:00: REST		

Event B	
From 8:00 - 20:00, FOR TIME	
	Reps
50 Wall Balls 9/6kg	50
30 Snatches 40/30kg	80
50 Wall Balls 9/6kg	130
SCORE = TIME = _____	

NAME ATHLETE: _____

BOX: _____

SIGNATURE ATHLETE: _____

NAME JUDGE: _____

SIGNATURE JUDGE: _____

GOLD
DIVISION



MASTERS 35+
DIVISION



<i>Event A - AMRAP</i> From 0:00 - 6:00, FOR REPS		
	Round 1	Round 2
20 Toes to Bars	20	155
40 Double Unders	60	195
15 Toes to Bars	75	210
30 Double Unders	105	240
10 Toes to Bars	115	250
20 Double Unders	135	270
SCORE = TOTAL REPS = _____		
FROM 6:00-8:00: REST		

<i>Event B</i> From 8:00 - 20:00, FOR TIME	
	Reps
50 Wall Balls 9/6kg	50
30 Snatches 50/35kg	80
50 Wall Balls 9/6kg	130
SCORE = TIME = _____	

NAME ATHLETE: _____

BOX: _____

SIGNATURE ATHLETE: _____

NAME JUDGE: _____

SIGNATURE JUDGE: _____

PLATINUM
DIVISION



DIAMOND
DIVISION



<i>Event A - AMRAP</i> From 0:00 - 6:00, FOR REPS		
	Round 1	Round 2
30 Toes to Bars	30	210
60 Double Unders	90	270
20 Toes to Bars	110	290
40 Double Unders	150	330
10 Toes to Bars	160	340
20 Double Unders	180	360
SCORE = TOTAL REPS = _____		
FROM 6:00-8:00: REST		

<i>Event B</i> From 8:00 - 20:00, FOR TIME			
	Platinum	Diamond	Reps
50 Wall Balls	9/6kg	9/6kg	50
30 Snatches	60/40kg	70/45kg	80
50 Wall Balls	9/6kg	9/6kg	130
SCORE = TIME = _____			

NAME ATHLETE: _____

BOX: _____

SIGNATURE ATHLETE: _____

NAME JUDGE: _____

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, division and box
- Then show the weight of the medball, barbell and weights
- Hit the clock and let's go!

PART A - 0:00-6:00

The workout starts with the athlete standing tall. On the count of 3-2-1 GO the athlete may jump into the rig and start with the toes to bar variation. When all reps are completed, the athlete performs the assigned number of single/double unders. If the athlete completed the last sequence, he/she continues and starts over at the top and keeps moving for the entire 6 minutes.

The workout stops when the clock hits 6:00.



The score of Event 2A is the total number of reps made.

PART B - 8:00-20:00

When the clock hits 8:00, part B starts and the athlete can pick up the medball. The athlete performs the 40/50 wall balls (light). When all reps are performed, the athlete moves to the barbell to perform the 30 (hang) snatches. After these are completed, the athlete performs the last set of 40/50 wall balls. The workout stops, when the athlete has completed the last assigned rep OR when the clock hits 20:00.



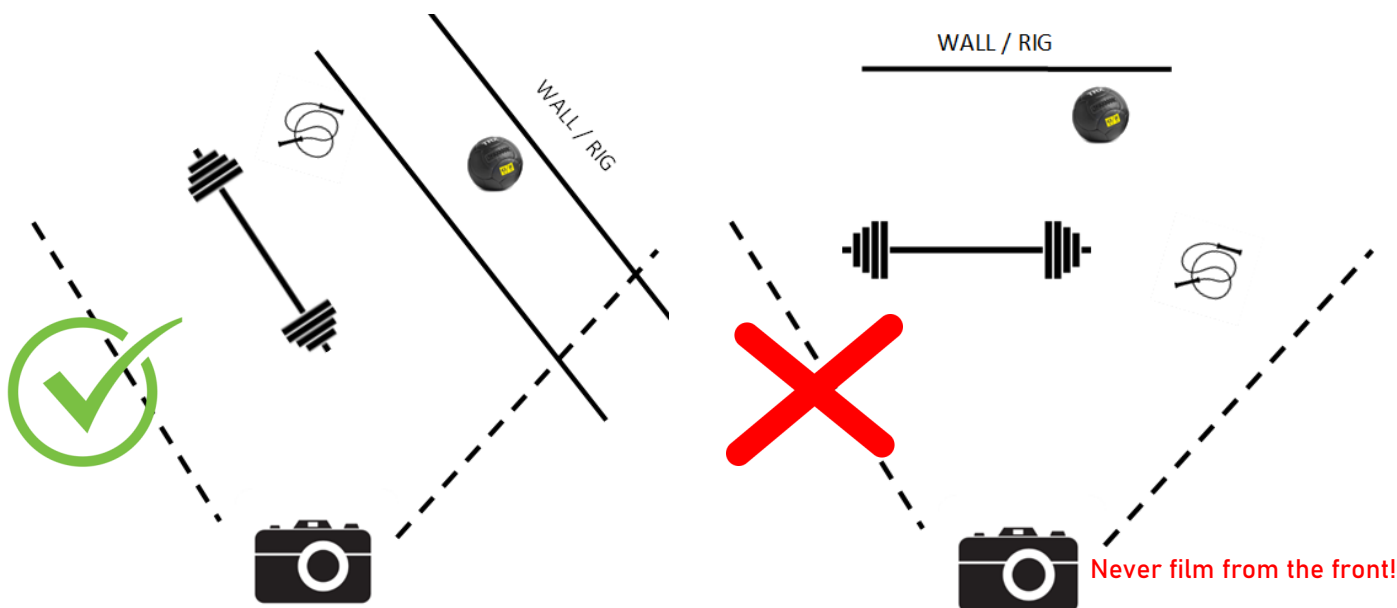
The score of Event 2B is the time on the clock (8:00-20:00) after the last Wall Ball OR the total number of reps made when the clock hits 20:00.

EQUIPMENT

- Rig
- Jump rope
- Medball
- Wall Ball Target
- Barbell with plates and 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



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 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.

SINGLE LEG TOES TO BARS

The athlete swings up until one foot clearly touches the rig between the hands. This can be strict or with a kip, as long as no other parts of the body than the hands touch the rig. This is one repetition. Reps do not need to be alternating.

TOES TO BARS

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.

SINGLE UNDER

The movement starts with the jump rope on the floor. The athlete grabs the jump rope and jumps over the rope while the rope passes the athlete once. The athlete needs to jump with both feet at the same time. If the athlete steps on the rope, this is a no-rep. Double unders do not count as reps for single unders at all.

DOUBLE UNDER

The movement starts with the jump rope on the floor. The athlete grabs the jump rope and jumps over the rope while the rope passes the athlete twice. The athlete needs to jump with both feet at the same time. If the athlete steps on the rope, this is a no-rep. Single unders do not count as reps for double unders at all.





WALL BALL LIGHT

Teen Girls will use a 8-10lb or 4kg medball and throw to a 9 foot/275cm target.

Female & Teen Boys will use a 14lb or 6kg medball and throw to a 9 foot/275cm target.

Male will use a 20lb or 9kg wall ball and throw to a 10 foot/300cm target.

In the start of the Wall Ball, the medicine ball must be in the support position in front of the body. The athlete bents the knees and hips (makes a dip). The athlete throws the ball to the target. The rep is credited when the center of the ball hits the target at or above the specified height.

WALL BALL

Youngster Girls will use a 8-10lb or 4kg medball and throw to a 9 foot/275cm target.

Female & Youngster Boys will use a 14lb or 6kg medball and throw to a 9 foot/275cm target.

Male will use a 20lb or 9kg medball and throw to a 10 foot/300cm target.

In the start of the Wall Ball, the medicine ball must be in the support position in front of the body. The athlete squats until the hip crease is below the knee. The athlete throws the ball to the target. The rep is credited when the center of the ball hits the target at or above the specified height.



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.



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.