

Welcome to the third 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 3a and 3b will get a personalized winner t-shirt. In case of a tie, the athlete with the highest ranking on event 3a 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 3A - For reps - AMRAP 8 minutes

Teens	Youngsters	Iron	Bronze
2 Box Jump/Step Overs 50cm 2 Ring Rows 4 Box Jump/Step Overs 4 Ring Rows 6 Box Jump/Step Overs 6 Ring Rows Add 2 Box Overs and 2 Ring Rows each round.	2 Box Jump Overs 50cm 2 Pull Ups 4 Box Jump Overs 4 Pull Ups 6 Box Jump Overs 6 Pull Ups Add 2 Box Jump Overs and 2 Pull Ups each round.	2 Box Jump/step Overs 60/50cm 2 Ring Rows 4 Box Jump/step Overs 4 Ring Rows 6 Box Jump/step Overs 6 Ring Rows Add 2 Box Jump/step Overs and 2 Ring Rows each round.	2 Box Jump/step Overs 60/50cm 1 Pull Up 4 Box Jump/step Overs 2 Pull Ups 6 Box Jump/step Overs 3 Pull Ups Add 2 Box Jump/step Overs and 1 Pull Up each round.
Silver / Masters 45+	Gold / Masters 35+	Platinum	Diamond
2 Box Jump Overs 60/50cm 2 Pull-ups 4 Box Jump Overs 4 Pull-ups 6 Box Jump Overs 6 Pull-ups Add 2 Box Jump Overs and 2 Pull-ups each round.	2 Box Jump Overs 60/50cm 2 Chest to Bar Pull-ups 4 Box Jump Overs 4 Chest to Bar Pull-ups 6 Box Jump Overs 6 Chest to Bar Pull-ups Add 2 Box Jump Overs and 2 Chest to Bar Pull-ups each round.	2 Box Jump Overs 75/60cm 1 Bar Muscle Up 4 Box Jump Overs 2 Bar Muscle Ups 6 Box Jump Overs 3 Bar Muscle Ups Add 2 Box Jump Overs and 1 Bar Muscle Up each round.	2 Box Jump Overs 75/60cm 1 Ring Muscle Up 4 Box Jump Overs 2 Ring Muscle Ups 6 Box Jump Overs 3 Ring Muscle Ups Add 2 Box Jump Overs and 1 Ring Muscle Up each round.

Rest until the clock hits 10:00, and then

EVENT 3B - For time with a 10 minute time cap

Teens	Youngsters	Iron	Bronze
10 Rounds for time of: 2 Devil's Presses 4 DB Box Step Overs 2 Wall Walk Light 1x10/5kg dumbbell 50cm box	10 Rounds for time of: 2 Devil's Presses 4 DB Box Step Overs 6 HSPU Light 2x10/5kg dumbbells 50cm box	10 Rounds for time of: 2 Devil's Presses 4 DB Box Step Overs 2 Wall Walk Light 1x15/10kg dumbbell 60/50cm box	10 Rounds for time of: 2 Devil's Presses 4 DB Box Step Overs 1 Wall Walk 1x15/10kg dumbbell 60/50cm box
Silver / Masters 45+	Gold / Masters 35+	Platinum	Diamond
10 Rounds for time of: 2 Devil's Presses 4 DB Box Step Overs 6 HSPU Light 2x15/10kg dumbbells 60/50cm box	10 Rounds for time of: 2 Devil's Presses 4 DB Box Step Overs 6 HSPU Rx 2x15/10kg dumbbells 60/50cm box	10 Rounds for time of: 2 Devil's Presses 4 DB Box Step Overs 6 HSPU Rx 2x22,5/15kg dumbbells 60/50cm box	10 Rounds for time of: 2 Devil's Presses 4 DB Box Step Overs 6 Deficit HSPU 2x22,5/15kg dumbbells 60/50cm box

TEENS
DIVISION



IRON
DIVISION



Event A - AMRAP
From 0:00 - 8:00, FOR REPS

Reps	2	4	6	8	10	12	14	16	18	20
Box Jump/Step Overs	2	8	18	32	50	72	98	128	162	200
Ring Rows	4	12	24	40	60	84	112	144	180	220
SCORE = TOTAL REPS = _____										
FROM 8:00-10:00: REST										

Event B - FOR TIME
From 10:00 - 20:00, 10 ROUNDS FOR TIME

Round	1	2	3	4	5	6	7	8	9	10
2 Devil's Presses	2	10	18	26	34	42	50	58	66	74
4 DB Box Step Overs	6	14	22	30	38	46	54	62	70	78
2 Wall Walks Light	8	16	24	32	40	48	56	64	72	80
SCORE = TIME or TOTAL REPS = _____										

Teens	Iron
1x10/5kg dumbbell 50cm box	1x15/10kg dumbbell 60/50cm box

NAME ATHLETE: _____

BOX: _____

SIGNATURE ATHLETE: _____

NAME JUDGE: _____

SIGNATURE JUDGE: _____

BRONZE
DIVISION


Event A - AMRAP										
From 0:00 - 8:00, FOR REPS										
Reps	2	4	6	8	10	12	14	16	18	20
Box Jump/Step Overs 60/50cm	2	7	15	26	40	57	77	100	126	155
Reps	1	2	3	4	5	6	7	8	9	10
Pull-ups	3	9	18	30	45	63	84	108	135	165
SCORE = TOTAL REPS = _____										
FROM 8:00-10:00: REST										

Event B - FOR TIME										
From 10:00 - 20:00, 10 ROUNDS FOR TIME										
Round	1	2	3	4	5	6	7	8	9	10
2 Devil's Presses 1x15/10kg	2	9	16	23	30	37	44	51	58	65
4 DB Box Step Overs 1x15/10kg + 60/50cm	6	13	20	27	34	41	48	55	62	69
1 Wall Walk	7	14	21	28	35	42	49	56	63	70
SCORE = TIME or TOTAL REPS = _____										

NAME ATHLETE: _____

BOX: _____

SIGNATURE ATHLETE: _____

NAME JUDGE: _____

SIGNATURE JUDGE: _____

SILVER
DIVISION

MASTERS 45+
DIVISION

YOUNGSTERS
DIVISION


Event A - AMRAP
From 0:00 - 8:00, FOR REPS

Reps	2	4	6	8	10	12	14	16	18	20
Box Jump Overs	2	8	18	32	50	72	98	128	162	200
Pull-ups	4	12	24	40	60	84	112	144	180	220
SCORE = TOTAL REPS = _____										
FROM 8:00-10:00: REST										

Event B - FOR TIME
From 10:00 - 20:00, 10 ROUNDS FOR TIME

Round	1	2	3	4	5	6	7	8	9	10
2 Devil's Presses	2	14	26	38	50	62	74	86	98	110
4 DB Box Step Overs	6	18	30	42	54	66	78	90	102	114
6 HSPU Light	12	24	36	48	60	72	84	96	108	120
SCORE = TIME or TOTAL REPS = _____										

Youngsters	Silver / Masters 45+
2x10/5kg dumbbell 50cm box	2x15/10kg dumbbell 60/50cm box

NAME ATHLETE: _____

BOX: _____

SIGNATURE ATHLETE: _____

NAME JUDGE: _____

SIGNATURE JUDGE: _____

GOLD
DIVISION



MASTERS 35+
DIVISION



Event A - AMRAP
From 0:00 - 8:00, FOR REPS

Reps	2	4	6	8	10	12	14	16	18	20
Box Jump Overs 60/50cm	2	8	18	32	50	72	98	128	162	200
Chest to Bar Pull-ups	4	12	24	40	60	84	112	144	180	220
SCORE = TOTAL REPS = _____										
FROM 8:00-10:00: REST										

Event B - FOR TIME
From 10:00 - 20:00, 10 ROUNDS FOR TIME

Round	1	2	3	4	5	6	7	8	9	10
2 Devil's Presses 2x15/10kg	2	14	26	38	50	62	74	86	98	110
4 DB Box Step Overs 2x15/10kg + 60/50cm	6	18	30	42	54	66	78	90	102	114
6 HSPU Rx	12	24	36	48	60	72	84	96	108	120
SCORE = TIME or TOTAL REPS = _____										

NAME ATHLETE: _____

BOX: _____

SIGNATURE ATHLETE: _____

NAME JUDGE: _____

SIGNATURE JUDGE: _____

PLATINUM
DIVISION

DIAMOND
DIVISION


Event A - AMRAP
From 0:00 - 8:00, FOR REPS

Reps	2	4	6	8	10	12	14	16	18	20
Box Jump Overs 75/60cm	2	7	15	26	40	57	77	100	126	155
Reps	1	2	3	4	5	6	7	8	9	10
Bar Muscle Ups (pla) Ring Muscle Ups (dia)	3	9	18	30	45	63	84	108	135	165
SCORE = TOTAL REPS = _____										
FROM 8:00-10:00: REST										

Event B - FOR TIME
From 10:00 - 20:00, 10 ROUNDS FOR TIME

Round	1	2	3	4	5	6	7	8	9	10
2 Devil's Presses 2x22,5/15kg	2	14	26	38	50	62	74	86	98	110
4 DB Box Step Overs 2x22,5/15kg + 60/50cm	6	18	30	42	54	66	78	90	102	114
6 HSPU Rx (pla) 6 HSPU Deficit (dia)	12	24	36	48	60	72	84	96	108	120
SCORE = TIME or TOTAL REPS = _____										

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 dumbbell(s), and ring rows (if applicable).
 Also show the measures of the wall walks / hspu set-up.
 Hit the clock and let's go!

PART A - 0:00-8:00

The workout starts with the athlete standing tall. On the count of 3-2-1 GO the athlete may jump/step onto the box and start with the 2 box jump/step overs. When all reps are completed, the athlete performs the assigned number of pull-up variations. The next round, the athlete adds the assigned number of reps. The athlete keeps moving for the entire 8 minutes.

The workout stops when the clock hits 8:00.



The score of Event 3A is the total number of reps made.

PART B - 10:00-20:00

When the clock hits 10:00, part B starts and the athlete can touch the dumbbells. The athlete starts with 2 devil's presses, followed by 4 dumbbell box step overs and 1/2/6 handstand push-ups/wall walks. The athlete completes 10 rounds for time. The workout stops, when the athlete has completed the last assigned rep OR when the clock hits 20:00.



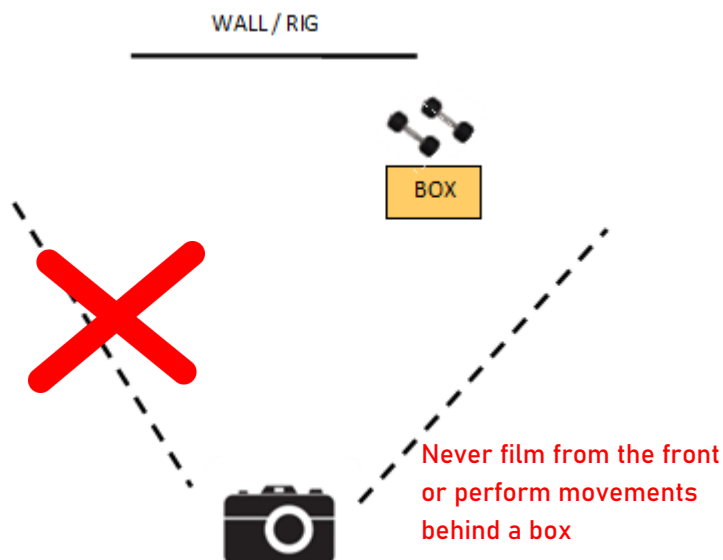
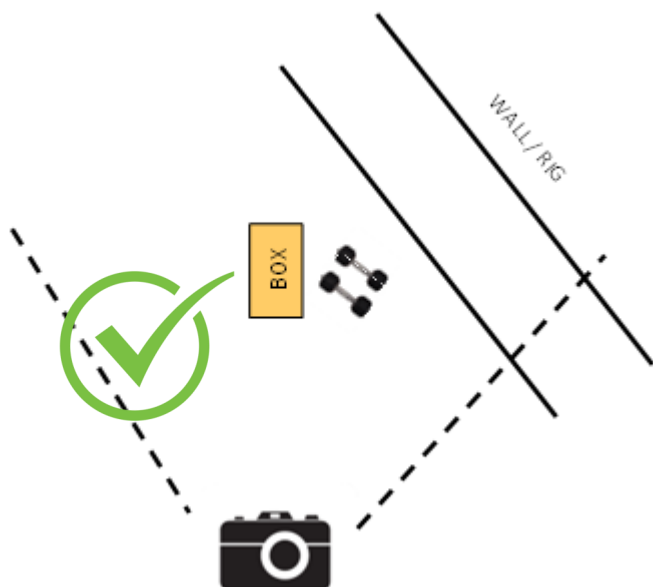
The score of Event 3B is the time on the clock (10:00-20:00) after the last rep OR the total number of reps made when the clock hits 20:00.

EQUIPMENT

- Rig
- Rings
- Box
- Dumbbell(s)
- Wall
- Abmat/plates
- Tape

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.
- The dumbbells 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



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.



PULL-UP



CHEST TO BAR



BAR MUSCLE UP

PULL-UP

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-UP

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 UP

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 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 MUSCLE UP

The movement starts with the athlete hanging from the rings, with elbows fully extended and both feet behind the vertical plane of the rings. The athlete kips up until the athlete is in support on top of the rings, with shoulders straight above the rings, and elbows completely locked out. During the kip, the feet and knees may not be above the horizontal plane of the rings. Kipping the muscle-up is allowed, but swings or rolls to support are not allowed. If consecutive kipping muscle-ups are performed, a change of direction below the rings is required.

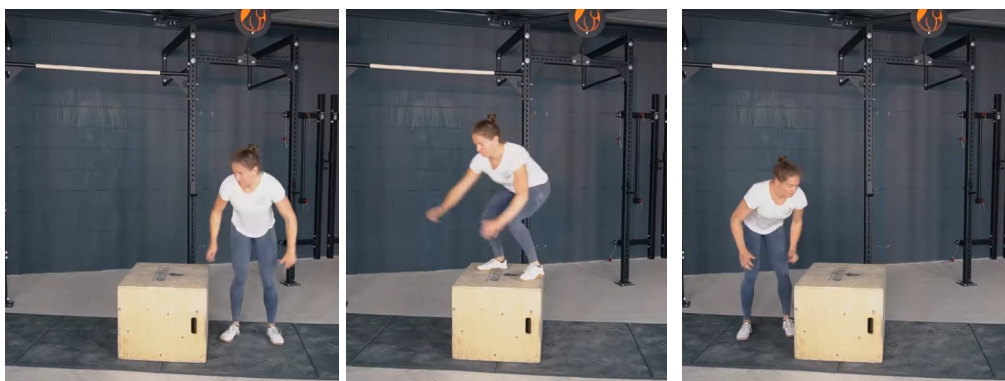


BOX STEP OVER

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 OVER

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. There is no need for extension at top.



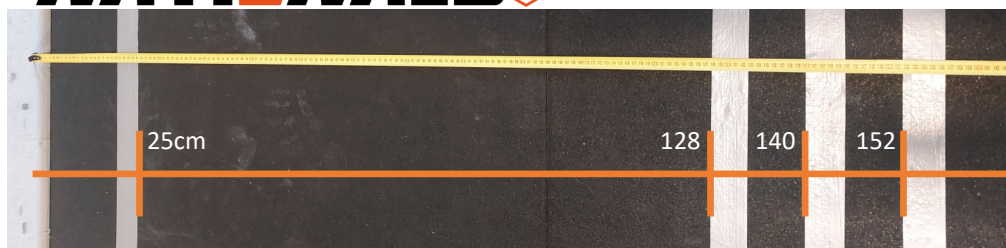
DUMBBELL BOX STEP OVER

Same standard as the regular Box Step Over, but the athlete needs to hold one or two dumbbells. They may hold it at the shoulder, chest or as suitcase as long as the dumbbell is held with at least one hand. During the step over, the dumbbell may not touch the box. There is no need for extension at top.

DUMBBELL DEVIL'S PRESS

This movement starts with the dumbbell(s) on the ground. The athlete holds onto the dumbbell(s), 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.





WALL WALK RX

Two lines need to be taped:

- From the wall to the inside of the first tape = 152cm (male) / 140cm (female and youngsters) / 128cm (teens)
- From the wall to the outside of the second tape = 25cm



Every repetition starts with the athlete lying down, with chest, feet and thighs touching the floor. At start and finish of each rep, both hands/fingers need to touch the first taped line (152/140/128cm). The athlete puts both feet on the wall. Hands need to stay on the tape (152/140/128cm) until the whole body is from the floor (except for hands). Athlete walks their hands closer to the wall, until both hands touch the second tape (25cm). Then, athlete walks back to the first tape (152/140/128cm), while the rest of the body does not touch the floor. Athlete touches the first tape (152/140/128cm) with a part of the hands, then lies down with chest, feet and thighs touching the floor. This is one repetition.

WALL WALK LIGHT

One line needs to be taped:

- From the wall to the inside of the first tape = 152cm (male) / 140cm (female and youngsters) / 128cm (teens)



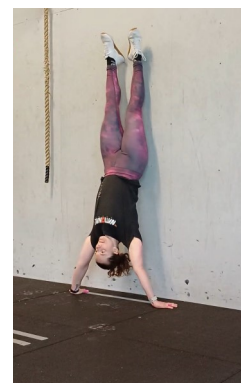
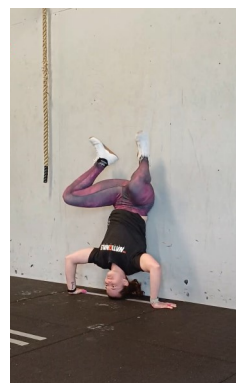
Every rep begins and ends with the athlete lying down, with the chest, feet, and thighs touching the ground. At the start and finish of each rep, both hands must be in front of the taped line. No part of the hand may be touching the line. Both hands must remain in front of the tape until both feet are on the wall. The athlete will walk up the wall until both hands are on the other side of the taped line. The fingers may NOT be touching the tape line. On the descent, the feet must remain on the wall until both hands are in front of the taped line. No part of the hand may be touching the line. The rep is credited when the athlete returns to the starting position, with the hands in front of the line and the chest, thighs, and feet touching the ground.



HANDSTAND PUSH-UPS RX

Before starting, tape a line that is 76cm in length, max 5cm wide on the floor, at 25cm distance from the floor. If the athlete wants to use an abmat and plates, the top of the abmat must be levelled with the plates, and tape must be on the plates/ abmat.

During the movement, both hands must be in touch with the taped line. If one or both hands is not touching the taped line at any time, the repetition will not count. Each rep begins and ends with the athlete in the lockout handstand position, heels against the wall, arms and hips fully extended, shoulders in line with the body. At the bottom, the head must make contact with the ground. The feet do not need to remain in contact with the wall for the duration of the movement (kipping is allowed), but the feet must return to the wall at the beginning and end of each rep. Each rep is credited when the athlete returns to the lockout position with the heels on the wall; arms, hips, and legs fully extended; and shoulders in line with the body.



HANDSTAND PUSH-UPS LIGHT

Same standard as Rx, but an abmat may be used without plates next to it.

HANDSTAND PUSH-UPS DEFICIT

Same standard as Rx, but the hands must be placed on stacked plates that are at least 10cm higher than the surface which the head touches (see image).

