

## Welcome to the last 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 4a and 4b will get a personalized winner t-shirt. In case of a tie, the athlete with the highest ranking on event 4b 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 4A - For load - in 3 minutes**

<p>All Divisions</p> <p>4 Deadlifts</p> <p>Score = kg + kg + kg + kg                  Does not need to be unbroken                  Only 4 reps can be made</p>
---

**Rest until the clock hits 5:00, and then**

**EVENT 4B - For time with a 15 minute time cap**

Teens	Youngsters	Iron	Bronze
20 Ground to Overhead 30 Sit-ups 40/30 Cal Row 30 Sit-ups 20 Ground to Overhead  25/17,5kg	20 Ground to Overhead 30 Sit-ups 40/30 Cal Row 30 Sit-ups 20 Ground to Overhead  35/25kg	20 Ground to Overhead 30 Sit-ups 50/40 Cal Row 30 Sit-ups 20 Ground to Overhead  35/25kg	20 Ground to Overhead 30 Sit-ups 50/40 Cal Row 30 Sit-ups 20 Ground to Overhead  40/30kg
Silver / Masters 45+	Gold / Masters 35+	Platinum	Diamond
25 Front Squats 30 Burpee Pull-ups 25 Thrusters 60/45 Cal Row  40/30kg	25 Front Squats 40 Burpee Pull-ups 25 Thrusters 60/45 Cal Row  50/35kg	25 Overhead Squats 50 Burpee Pull-ups 25 Thrusters 60/45 Cal Row  50/35kg	25 Overhead Squats 50 Burpee C2B Pull-ups 25 Thrusters 60/45 Cal Row  60/40kg

**TEENS**  
DIVISION



**YOUNGSTERS**  
DIVISION



<i>Event A</i>	
<b>From 0:00 - 3:00, FOR LOAD</b>	
	Weight
Deadlift 1	
Deadlift 2	
Deadlift 3	
Deadlift 4	
SCORE = KG + KG + KG + KG = _____	
FROM 3:00-5:00: REST	

<i>Event B</i>			
<b>From 5:00 - 20:00, FOR TIME</b>			
	Teens	Youngsters	Reps
20 Ground to Overhead	25/17,5kg	35/25kg	20
30 Sit-ups			50
40/30 Cal Row			90/80
30 Sit-ups			120/110
20 Ground to Overhead	25/17,5kg	35/25kg	140/130
SCORE = TIME = _____			

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

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

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

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

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

**IRON**  
DIVISION



**BRONZE**  
DIVISION



<b><i>Event A</i></b>	
<b>From 0:00 - 3:00, FOR LOAD</b>	
	Weight
Deadlift 1	
Deadlift 2	
Deadlift 3	
Deadlift 4	
SCORE = KG + KG + KG + KG = _____	
FROM 3:00-5:00: REST	

<b><i>Event B</i></b>			
<b>From 5:00 - 20:00, FOR TIME</b>			
	Iron	Bronze	Reps
20 Ground to Overhead	35/25kg	40/30kg	20
30 Sit-ups			50
50/40 Cal Row			100/90
30 Sit-ups			130/120
20 Ground to Overhead	35/25kg	40/30kg	150/140
SCORE = TIME = _____			

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

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

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

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

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

**SILVER**  
DIVISION



**MASTERS 45+**  
DIVISION



<i><b>Event A</b></i>	
<b>From 0:00 - 3:00, FOR LOAD</b>	
	Weight
Deadlift 1	
Deadlift 2	
Deadlift 3	
Deadlift 4	
SCORE = KG + KG + KG + KG = _____	
FROM 3:00-5:00: REST	

<i><b>Event B</b></i>		
<b>From 5:00 - 20:00, FOR TIME</b>		
		Reps
25 Front Squats	40/30kg	25
30 Burpee Pull-ups		55
25 Thrusters	40/30kg	80
60/45 Cal Row		140/125
SCORE = TIME = _____		

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

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

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

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

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

**GOLD  
DIVISION**



**MASTERS 35+  
DIVISION**



<i><b>Event A</b></i>	
<b>From 0:00 - 3:00, FOR LOAD</b>	
	Weight
Deadlift 1	
Deadlift 2	
Deadlift 3	
Deadlift 4	
SCORE = KG + KG + KG + KG = _____	
FROM 3:00-5:00: REST	

<i><b>Event B</b></i>		
<b>From 5:00 - 20:00, FOR TIME</b>		
		Reps
25 Front Squats	50/35kg	25
40 Burpee Pull-ups		65
25 Thrusters	50/35kg	90
60/45 Cal Row		150/135
SCORE = TIME = _____		

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

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

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

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

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

**PLATINUM  
DIVISION**



<b>Event A</b>	
<b>From 0:00 - 3:00, FOR LOAD</b>	
	Weight
Deadlift 1	
Deadlift 2	
Deadlift 3	
Deadlift 4	
SCORE = KG + KG + KG + KG = _____	
FROM 3:00-5:00: REST	

<b>Event B</b>		
<b>From 5:00 - 20:00, FOR TIME</b>		
		Reps
25 Overhead Squats	50/35kg	25
50 Burpee Pull-ups		45
25 Thrusters	50/35kg	100
60/45 Cal Row		160/145
SCORE = TIME = _____		

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

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

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

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

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

**DIAMOND**  
DIVISION



<b>Event A</b>	
<b>From 0:00 - 3:00, FOR LOAD</b>	
	Weight
Deadlift 1	
Deadlift 2	
Deadlift 3	
Deadlift 4	
SCORE = KG + KG + KG + KG = _____	
FROM 3:00-5:00: REST	

<b>Event B</b>		
<b>From 5:00 - 20:00, FOR TIME</b>		
		Reps
25 Overhead Squats	60/40kg	25
50 Burpee C2B Pull-ups		45
25 Thrusters	60/40kg	100
60/45 Cal Row		160/145
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 barbell and weights for the deadlift.
- Hit the clock and let's go!

**PART A - 0:00-3:00**

The workout starts with the athlete standing tall. On the count of 3-2-1 GO the athlete may touch the barbell and perform a deadlift. The athlete has to do 4 deadlifts in the 3 minute time frame. The athlete cannot do more than 4 repetitions / attempts. Repetitions may be done as singles or touch and go.

The workout stops when the clock hits 3:00.



The score of Event 4A is the sum of total lifted weight in KG, rounded to nearest decimal (0,5 will be rounded down). Example:  $60+62,5+65+65 = 252,50 \rightarrow 252.0$  KG

In the 2 min rest, the athlete may change the weight on the barbell to the WOD weight. Others may assist.

**PART B - 5:00-20:00**

When the clock hits 5:00, part B starts and the athlete can pick up the barbell. The athlete performs the 20/25 Ground to OH/Front/OH Squats. When all reps are performed, the athlete moves to the Sit-ups or Burpee Pull-ups. After these are completed, the athlete performs the Row/Thrusters, followed by the Sit-ups/Ground to OH OR the Row depending on their division. The workout stops, when the athlete has completed the last assigned rep OR when the clock hits 20:00.



The score of Event 4B is the time on the clock (5:00-20:00) after the last rep OR the total number of reps made when the clock hits 20:00.

**EQUIPMENT**

- 1 Barbell
- Weights + clips
- Concept 2 Rower
- Rig
- Abmat

**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.

**BARBELL GROUND TO OVERHEAD**

The movement starts with the barbell with both bumper plates on the floor. The athlete moves the barbell to an overhead position in which the barbell is straight above the head of the athlete with hips, knees and elbows fully locked out. The athlete has control over the barbell. This can be a snatch or clean and jerk movement. A hang clean/snatch is also allowed as long as every reps first starts from the floor.

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



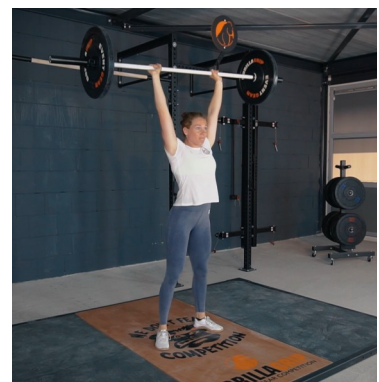
***BARBELL FRONT SQUAT***

The movement starts with the athlete standing tall with the barbell at the front rack position, where the elbows are in front of the bar, and hips and knees fully extended. The athlete squats down until below parallel, where the hip crease is clearly below the kneecap. The rep is credited when the hips and knees are fully extended, the bar is in the front rack position, with elbows in front of the bar. A (hang) squat clean as first rep is allowed as long as the standards are met.



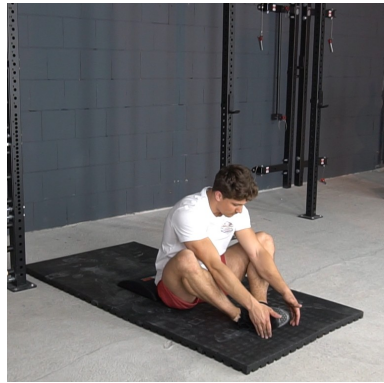
***BARBELL OVERHEAD SQUAT***

The movement starts with the barbell in overhead position with elbows extended. The athlete squats down until the hip crease is below the top of the knee. Then the athlete comes to full stand with hips, knees and arms fully extended and the bar directly over the middle of a body. A (hang) squat snatch as first rep is allowed as long as the standards are met.



***BARBELL THRUSTER***

The movement starts with the barbell in front rack position. The athlete lowers down until the hip crease is clearly below the knee. From the bottom of the squat, the athlete extends all the way up and presses the weight overhead in one fluent motion. A jerk is not allowed. In the end position, the hips, knees and elbows are fully locked and the barbell is straight above the athlete's body. A squat clean thruster as first rep is allowed.



**SIT-UP**

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.

**ROW**

Start with the monitor at 0 calories. Show the start end screen clearly on your video. The athlete must stay seated on the rower until the time or task (calories/distance) has been finished.



**BURPEE PULL-UP (set-up)**

The athlete begins by standing with the feet together underneath the pull-up bar. While standing with the hips and knees straight, extend the arms overhead. Touch the thumbs of each hand together and extend the fingers. The athlete's fingers cannot touch the pull-up bar in the measuring position. Clearly show this at the beginning of the video. An exercise mat or similar equipment may be used to decrease the distance between the ground and the pull up bar. Surfaces that aid in jumping or rebounding such as spring floors are not allowed.

It must be real clear the athlete is unable to touch the rig while standing tall and reaching for the bar!

**BURPEE PULL-UP**

Start with a burpee where the athlete lies on the floor, chest and thighs touching the floor at the same time. Stand or jump onto their feet. The athlete jumps into rig and performs a pull-up where the chin is over the horizontal plane of the bar. This can be done using the jump, a kip, strict or a combination to finish the pull-up, as all standards are met. If the athlete fails the pull-up, the whole movement, including the burpee has to be done again.

**BURPEE CHEST TO BAR PULL-UP**

Same rules apply as the pull-up, but now the chest below the collar bone has to touch the pull-up bar instead of chin above the bar.