



Welcome to the Nationals—Triplets edition!

NEW This year, you can choose your own division.

Qualifier events

Release: May 28th 20:00 CEST

Deadline: June 22nd 20:00 CEST

- The workouts do not need to be performed on a single day.
- All workouts do need to be done with the same team members.
- Contact info@thenationals.nl as soon as possible if you have any trouble submitting your score or videos.

GENERAL RULES

- Tape and/or grips may be used for all movements in the rig. Not for other movements.
- Using a box to get into the rig is allowed. Jumping Pull-ups/Muscle-ups are not allowed.
- 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.
- The dumbbell may never be dropped from above the hips. If this happens, it is a no rep.
- All objects must be lifted off the floor.
- 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

VIDEO STANDARDS

All teams aiming to qualify for the finals need to film their workouts and upload a working video link while submitting their score.

- Start with introduction: team name and division.
- Show the used equipment: weight of the med ball, screen of the rower, weight of the barbell, dumbbell, HSPU taped box, height of the box etc.
- Always have an ascending clock on your screen.
- Shoot from an angle so all movement standards can be seen.

EVENT 1 - RELAY TEAM WORKOUT

As many complexes as possible, with a Timecap of 7 minutes:

Athlete A max reps unbroken Curtis P Complexes

Into

Athlete B max reps unbroken Curtis P Complexes

Into

Athlete C max reps unbroken Curtis P Complexes

Black: 60/40kg

Red: 50/35kg

Blue: 35/25kg

1 Curtis P Complex=

1 Hang Power Clean

2 Alternating Front Rack Lunges

1 Push Press

EQUIPMENT

- 1 female barbell 15kg
- 1 male barbell 20kg
- Plates and collars

WORKOUT FLOW

The workout starts with the athletes standing tall behind the barbells. On the count of 3-2-1-GO the workout starts and Athlete A may touch the barbell and start with the complexes. He/she does as many repetitions as possible. When the barbell touches the floor, Athlete A high fives Athlete B. Then, Athlete B starts with as many complexes as possible. When the barbell touches the floor, Athlete B high fives Athlete C. Then, Athlete C starts with as many complexes as possible.

- Only 2 barbells may be used.
- Teammates must high five each other when switching turns.
- When switching, the barbells must always be on the floor.
- Only fully completed complexes count. If an athlete drops the bar after 1 hang power clean, this complex will not count.
- Athletes may "rest" the bar in the hips, overhead or front rack position as long as hands are on the bar. Regripping the bar is allowed. Resting in any other position is not allowed.

The workout stops when either all athletes have had their turn, or when the clock hits 7:00 (whatever comes first).

SCORING

The score for this workout is the total number of complexes completed within the 7 minutes.

It is the responsibility of the athlete to perform the movements according to the movement standards. In case of doubt by the judge or organization, a penalty will follow.

EVENT 2 - TEAM WORKOUT

For time - time cap 15 minutes

BLACK DIVISION	RED DIVISION	BLUE DIVISION
30-20-10 reps of Synchronized Chest to Bar Pull-ups (2p) Synchronized Line Facing Burpees over Line (3p)	30-20-10 reps of Synchronized Pull-ups (2p) Synchronized Line Facing Burpees over Line (3p)	30-20-10 reps of Synchronized Knee Raises (2p) Synchronized Line Facing Burpees over Line (3p)

EQUIPMENT

- Taped line
- Rig

WORKOUT FLOW

The workout starts with the athletes standing tall underneath the rig. On the count of 3-2-1-GO 2 athletes jump into the rig to start with the Pull-ups/Knee Raises. When they want to switch, the athletes need to high five each other. When all 30 repetitions have been completed, all athletes move to the line to perform 30 synchronized line facing burpees over line.

When all 30 repetitions have been completed, the team moves back to the rig to perform the set of 20 Pull-ups/ Knee Raises, followed by another 20 synchronized line facing burpees over line.

When all 20 repetitions have been completed, the team moves back to the rig to perform the set of a0 Pull-ups/ Knee Raises, followed by another a0 synchronized line facing burpees over line.

SCORING

The score for this workout is the time after the last burpee the total number of reps completed within the 15 minutes.

EVENT 3 - INDIVIDUAL WORKOUT

AMRAP 12 minutes

BLACK DIVISION	RED DIVISION	BLUE DIVISION
5 Dual DB Devil's Press 2x22,5/15kg	5 Dual DB Devil's Press 2x15/10kg	5 Single DB Devil's Press 1x15/10kg
5 Wall Walks Rx	3 Wall Walks Rx	5 Wall Walks Light
10 Box Jump Overs 60/50cm	10 Box Jump Overs 60/50cm	10 Box Jump/step Overs 60/50cm

EQUIPMENT

- 1 or 2 Dumbbells
- Wall with taped lines
- Plyobox

WORKOUT FLOW

The workout starts with the athlete standing tall besides the dumbbell(s). On the count of 3-2-1-GO the athlete touches the dumbbells and starts with 5 Devil's Presses. Then, the athlete moves onto the 3/5 Wall Walks. Then, the athlete performs 10 Box Jump/Step Overs. This is 1 round.

The athlete continues with the next rounds until the clock hits 12:00.

SCORING

The score for this workout is the total number of reps completed within the 12 minutes. Add up all 3 scores of the teammates and that's your score.

Example

Athlete A = 40 reps

Athlete B = 60 reps

Athlete C = 50 reps

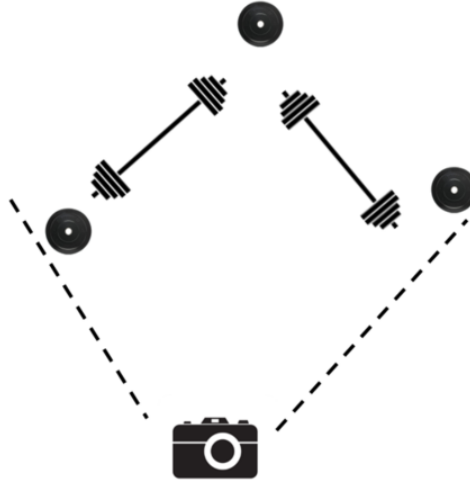
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Team score = 150 reps



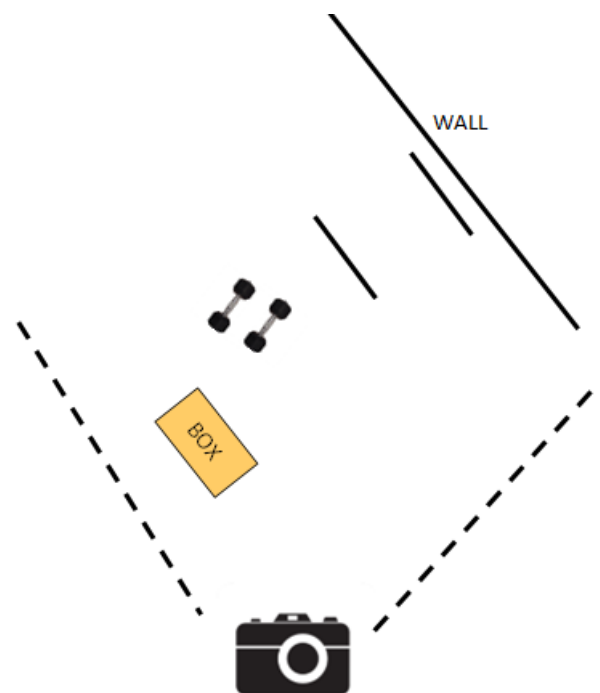
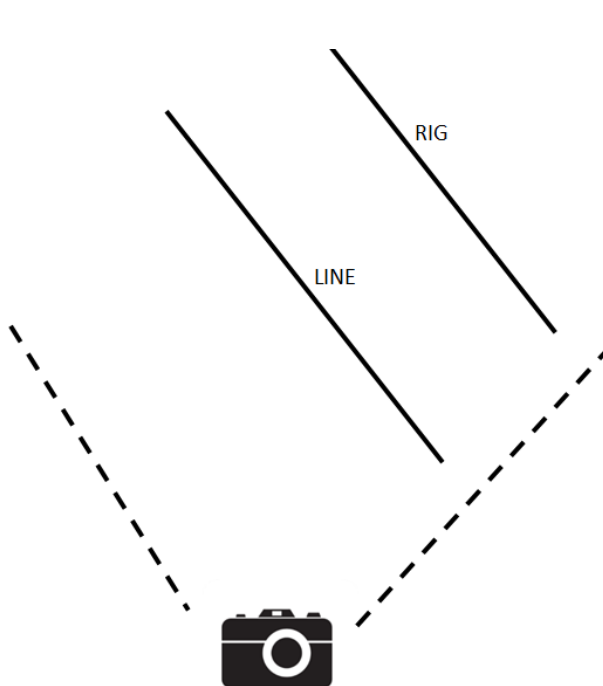
FLOOR PLANS

Pay attention to the angle for filming the barbell workout: never from the front, never from the side, but always a 45 degree angle.



Pay attention to the angle for filming the Devils Press: make sure we can see proper lockout in each elbow and the dumbbell touching the floor.

For the gymnastics, same applies. Make sure we can see proper height in the pull-ups and chest to bars. Film the Knee raises from side angle.



MOVEMENT STANDARDS

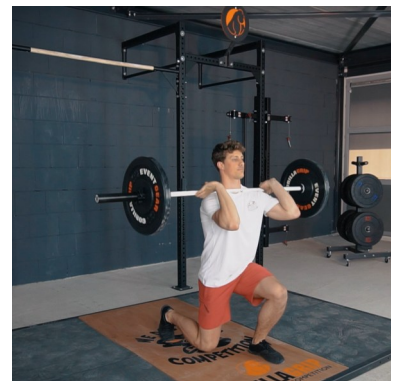
HANG POWER CLEAN

For the first rep, the barbell must be lifted to the hips. The barbell moves from the hang position (above the knees) to the front rack position in one fluent motion. 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.



ALTERNATING FRONT RACK LUNGES

The movement starts with the barbell in the front rack position, fingers around the barbell, elbows in front of the bar. The athlete steps forward until the trailing knee touches the floor. The athlete steps back to show full control and extension in hips and knees, with shoulders, hips and feet in one straight line. The next repetition must be done with the other leg.



PUSH PRESS

The movement starts with the barbell in front rack position. The athlete moves the barbell up until it is straight above the center of the body. After the hip extension, the hips may not be bent again (no diving under the bar as a Push Jerk). The hips, knees and elbows are fully extended and both feet are straight under the hips. The athlete has control over the barbell.

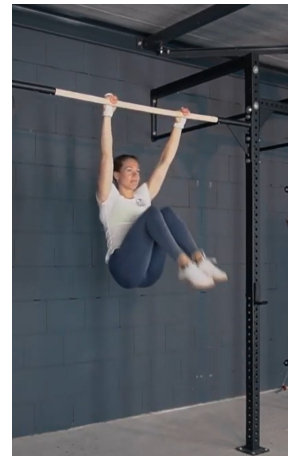


SYNCHRONIZED KNEE RAISE

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 athletes swing their knees up in front of the body, until both knees are clearly above the hips at the same time. 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.

Sync: The athletes need to be with all knees above the hips at the same time.



SYNCHRONIZED PULL-UP

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.

Sync: The athletes need to be with all chins above the rig at the same time.

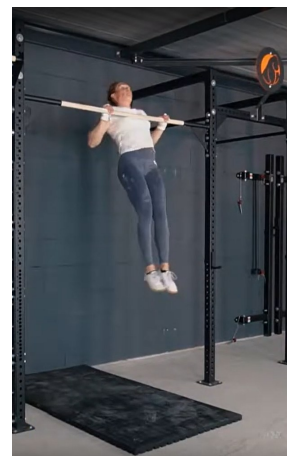


SYNCHRONIZED CHEST TO BAR PULL-UP

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.

Sync: The athletes need to touch the rig at the same time.



SYNC LINE FACING BURPEE OVER LINE

The movement starts with all athletes standing tall behind the line. All athletes drop down to the floor, facing the line, hands behind the line, touching chests and thighs at the floor at the same time. Then, the athletes jump/step up their feet and step/jump over the line. The next rep must be performed on the other side of the line, facing the line.



DEVIL'S PRESS

The movement starts with the dumbbell on the ground. The athlete holds onto the dumbbell, 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 the dumbbell to an overhead position in one movement. The rep is credited when the dumbbell is locked out overhead, with the hips, knees, and arms fully extended; and the dumbbell directly over or slightly behind the middle of the body. Hands must remain in contact with the dumbbell 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.

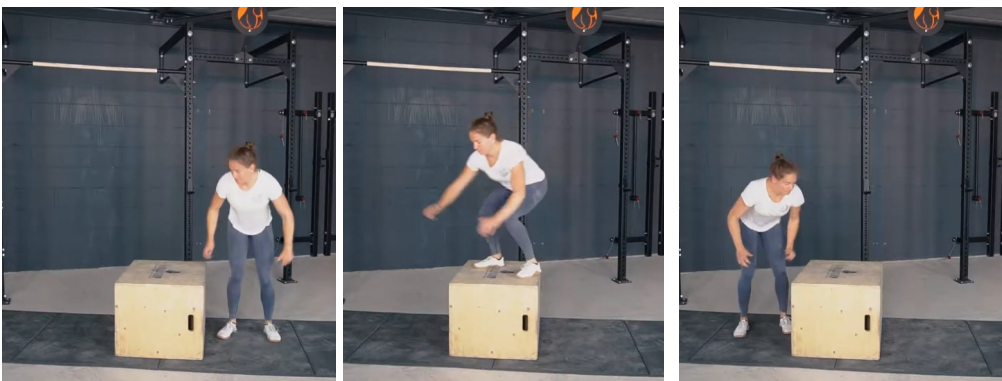


BOX JUMP OVER

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.

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.





WALL WALK RX

Two lines need to be taped:

- From the wall to the inside of the first tape = 152cm (male) / 140cm (female)
- 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 (152/140cm). The athlete puts both feet on the wall. Hands need to stay on the tape (152/140cm) 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 (152/140cm), while the rest of the body does not touch the floor. Athlete touches the first tape (152/140cm) 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)



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.

EVENT 1 - RELAY TEAM WORKOUT

As many complexes as possible, with a Timecap of 7 minutes:

Athlete A max reps unbroken Curtis P Complexes

Into

Athlete B max reps unbroken Curtis P Complexes

Into

Athlete C max reps unbroken Curtis P Complexes

Black: 60/40kg

Red: 50/35kg

Blue: 35/25kg

1 Curtis P Complex=

1 Hang Power Clean

2 Alternating Front Rack Lunges

1 Push Press

EVENT 1 – AMRAP 7 minutes

	Curtis P Complexes
ATHLETE A	
ATHLETE B	
ATHLETE C	
TOTAL REPS	

TEAM: _____

BOX: _____

SIGNATURE ATHLETE: _____

JUDGE: _____

SIGNATURE JUDGE: _____

EVENT 2 - TEAM WORKOUT

For time - time cap 15 minutes

BLACK DIVISION	RED DIVISION	BLUE DIVISION
30-20-10 reps of Synchronized Chest to Bar Pull-ups (2p) Synchronized Line Facing Burpees over Line (3p)	30-20-10 reps of Synchronized Pull-ups (2p) Synchronized Line Facing Burpees over Line (3p)	30-20-10 reps of Synchronized Knee Raises (2p) Synchronized Line Facing Burpees over Line (3p)

30 Pull-ups / Knee Raises	30
30 Sync Line Facing Burpees over Line	60
20 Pull-ups / Knee Raises	80
20 Sync Line Facing Burpees over Line	100
10 Pull-ups / Knee Raises	110
10 Sync Line Facing Burpees over Line	120
TIME OR TOTAL REPS	

TEAM: _____

BOX: _____

SIGNATURE ATHLETE: _____

JUDGE: _____

SIGNATURE JUDGE: _____

EVENT 3 - INDIVIDUAL WORKOUT

AMRAP 12 minutes

BLACK DIVISION	RED DIVISION	BLUE DIVISION
5 Dual DB Devil's Press 2x22,5/15kg 5 Wall Walks Rx 10 Box Jump Overs 60/50cm	5 Dual DB Devil's Press 2x15/10kg 3 Wall Walks Rx 10 Box Jump Overs 60/50cm	5 Single DB Devil's Press 1x15/10kg 5 Wall Walks Light 10 Box Jump/step Overs 60/50cm

BLACK & BLUE DIVISION			
	5 DB Devil's Press	5 Wall Walks (light)	10 Box Overs
Round 1	5	10	20
Round 2	25	30	40
Round 3	45	50	60
Round 4	65	70	80
Round 5	85	90	100
Round 6	105	110	120
Round 7	125	130	140
TOTAL REPS			

RED DIVISION			
	5 DB Devil's Press	3 Wall Walks	10 Box Overs
Round 1	5	8	18
Round 2	23	26	36
Round 3	41	44	54
Round 4	59	62	72
Round 5	77	80	90
Round 6	95	98	108
Round 7	113	116	126
TOTAL REPS			

TEAM: _____

ATHLETE: _____

BOX: _____

JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____