

Welcome to the first Event of season 9!

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.

NEW: the deadline of the event is at 20:00 CET instead of 23:59 CET. Make sure to log your scores on time!

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

Good luck!

Team The Nationals



EVENT 1A - For reps - AMRAP 12 minutes

Teens	Youngsters	Iron	Bronze
3-6-9-12-15 etc reps of: Wall Balls Light 6/4kg Deadlifts 35/25kg Knee Raises	3-6-9-12-15 etc reps of: Wall Balls 6/4kg Deadlifts 50/35kg Single Leg Toes to Bars	3-6-9-12-15 etc reps of: Wall Balls Light 9/6kg Deadlifts 50/35kg Knee Raises	3-6-9-12-15 etc reps of: Wall Balls Light 9/6kg Deadlifts 60/40kg Single Leg Toes to Bars
Silver / Masters 45+	Gold / Masters 35+	Platinum	Diamond
3-6-9-12-15 etc reps of: Wall Balls 9/6kg Deadlifts 70/55kg Toes to Bars	3-6-9-12-15 etc reps of: Wall Balls 9/6kg Deadlifts 80/60kg Toes to Bars	3-6-9-12-15 etc reps of: Wall Balls 9/6kg Deadlifts 90/65kg Toes to Bars	3-6-9-12-15 etc reps of: Wall Balls 9/6kg Deadlifts 100/70kg Toes to Bars

Rest until the clock hits 14:00, and then

EVENT 1B - For load, from 14:00-20:00
All Divisions

3RM Hang Clean (unbroken)
Score = kg of heaviest successful lifted complex.

TEENS
DIVISION



IRON
DIVISION



Event A From 0:00 - 12:00, FOR REPS			
	Wall Balls Light	Deadlifts	Knee Raises
3 reps	3	6	9
6 reps	15	21	27
9 reps	36	45	54
12 reps	66	78	90
15 reps	105	120	135
18 reps	153	171	189
21 reps	210	231	252
24 reps	276	300	324
27 reps	351	378	405
30 reps	435	465	495
SCORE = TOTAL REPS = _____			

	Teens	Iron
Weight	6/4kg ball 35/25kg barbell	9/6kg ball 50/35kg barbell

Event B From 14:00 - 20:00, FOR LOAD (KG)				
FOR MAX WEIGHT: 3RM Hang Clean (unbroken)				
ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	SCORE = HEAVIEST LIFT: _____KG

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



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Event A From 0:00 - 12:00, FOR REPS			
	Wall Balls 6/4kg	Deadlifts 50/35kg	Single Leg TTB
3 reps	3	6	9
6 reps	15	21	27
9 reps	36	45	54
12 reps	66	78	90
15 reps	105	120	135
18 reps	153	171	189
21 reps	210	231	252
24 reps	276	300	324
27 reps	351	378	405
30 reps	435	465	495
SCORE = TOTAL REPS = _____			

Event B From 14:00 - 20:00, FOR LOAD (KG)				
FOR MAX WEIGHT: 3RM Hang Clean (unbroken)				
ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	SCORE = HEAVIEST LIFT: _____KG

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



BRONZE
DIVISION



Event A From 0:00 - 12:00, FOR REPS			
	Wall Balls Light 9/6kg	Deadlifts 60/40kg	Single Leg TTB
3 reps	3	6	9
6 reps	15	21	27
9 reps	36	45	54
12 reps	66	78	90
15 reps	105	120	135
18 reps	153	171	189
21 reps	210	231	252
24 reps	276	300	324
27 reps	351	378	405
30 reps	435	465	495
SCORE = TOTAL REPS = _____			

Event B From 14:00 - 20:00, FOR LOAD (KG)				
FOR MAX WEIGHT: 3RM Hang Clean (unbroken)				
ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	SCORE = HEAVIEST LIFT: _____KG

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



SILVER
DIVISION



MASTERS 45+
DIVISION



GOLD
DIVISION



MASTERS 35+
DIVISION



PLATINUM
DIVISION



DIAMOND
DIVISION



Event A From 0:00 - 12:00, FOR REPS			
	Wall Balls 9/6kg	Deadlifts	Toes to Bars
3 reps	3	6	9
6 reps	15	21	27
9 reps	36	45	54
12 reps	66	78	90
15 reps	105	120	135
18 reps	153	171	189
21 reps	210	231	252
24 reps	276	300	324
27 reps	351	378	405
30 reps	435	465	495
SCORE = TOTAL REPS = _____			

	Silver Master 45+	Gold Master 35+	Platinum	Diamond
Weight	70/55kg	80/60kg	90/65kg	100/70kg

Event B From 14:00 - 20:00, FOR LOAD (KG)				
FOR MAX WEIGHT: 3RM Hang Clean (unbroken)				
ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	SCORE = HEAVIEST LIFT: _____KG

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



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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 and weight of the medball.
 Hit the clock and let's go!

PART A - 0:00-12:00

The workout starts with the athlete standing tall. On the count of 3-2-1 GO the athlete may touch the medball and perform 3 Wall Balls (light). When these are done, the athlete performs 3 Deadlifts. When these are done, the athlete performs 3 Knee Raises / Single Leg TTB / Toes to Bars. Then, the athlete performs 6 reps of each exercise, followed by 9 reps. The athlete continues in this fashion, adding 3 repetitions after each round. The athlete stops when the clock hits 12:00.



Score 1A is the total number of reps made.

From 12:00-14:00, the athlete rests. The athlete may already load the barbell for their first hang clean attempt. Others may assist in loading the barbell.

PART B - 14:00-20:00

When the clock hits 14:00, the athlete has 6 minutes to perform an unbroken complex of 3 hang cleans. At the start, the barbell has to be deadlifted off the floor, then lowered to the hang position for the first rep to count.

In the complex, the barbell may not be lowered below the knee. All three repetitions have to be performed unbroken for the complex to count. If the athlete fails a rep, but keeps holding onto the barbell, and the barbell stays above the knees, the athlete may do another attempt.

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.



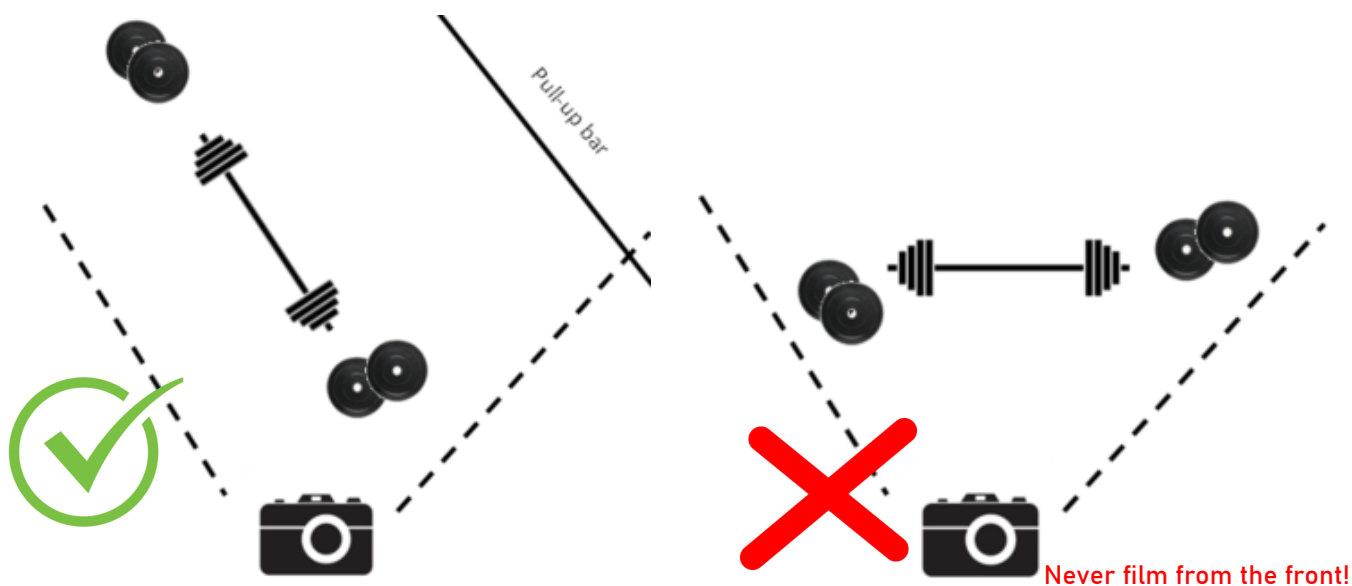
Score 1B is the total weight on the bar in KG, rounded to 0 decimals. 62,5kg will be 62kg. Make sure to show the end weight of your complex before stopping the video!

EQUIPMENT

- 1 Medball
- Rig
- 1 Barbell (teens may use a 10kg 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



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 HANG 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. A hang power clean, hang squat clean and hang split clean are allowed.



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.



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.