

Welcome to the second 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 2a and 2b will get a personalized winner t-shirt. In case of a tie, the athlete with the lowest combined time will win the t-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 2A - For time - time cap 6 minutes

Teens	Youngsters	Iron	Bronze
21-15-9 Single Dumbbell Box Step Ups 9-6-3 Wall Walks Light 10/5kg + 50cm box	18-12-6 Double Dumbbell Squats Handstand Push-ups Light 2x15/10kg	21-15-9 Box Step Ups 9-6-3 Wall Walks Light 50cm box	21-15-9 Single Dumbbell Box Step Ups 9-7-5 Wall Walks Light 15/10kg + 50cm box
Silver / Masters 45+	Gold / Masters 35+	Platinum	Diamond
18-12-6 Double Dumbbell Squats Handstand Push-ups Light 2x15/10kg	18-12-6 Double Dumbbell Squats Handstand Push-ups Rx 2x22,5/15kg	21-15-9 Double Dumbbell Squats Handstand Push-ups Rx 2x22,5/15kg	21-15-9 Double Dumbbell Squats Deficit Handstand Push-ups* 2x22,5/15kg *females 18-12-6

Rest exactly 3:00, and then

Teens	Youngsters	Iron	Bronze
21-15-9 Ring Rows 30-20-10m Single Dumbbell Goblet Walking Lunge 10/5kg	21-15-9 Pull-ups 30-20-10m Single Dumbbell Overhead Walking Lunge 15/10kg	21-15-9 Ring Rows 30-20-10m Single Dumbbell Goblet Walking Lunge 15/10kg	30-20-10 Ring Rows 30-20-10m Single Dumbbell Goblet Walking Lunge 15/10kg
Silver / Masters 45+	Gold / Masters 35+	Platinum	Diamond
21-15-9 Pull-ups 30-20-10m Single Dumbbell Overhead Walking Lunge 15/10kg	30-20-10 Pull-ups 30-20-10m Single Dumbbell Overhead Walking Lunge 22,5/15kg	21-15-9 Chest to Bar Pull-ups 30-20-10m Single Dumbbell Overhead Walking Lunge 22,5/15kg	30-20-10 Chest to Bar Pull-ups 30-20-10m Single Dumbbell Overhead Walking Lunge 22,5/15kg



TEENS
DIVISION



<i>Event A</i>	
	FOR TIME, time cap 6:00
21 DB Box Step Ups 10/5kg + 50cm	21
9 Wall Walks Light	30
15 DB Box Step Ups	45
6 Wall Walks Light	51
9 DB Box Step Ups	60
3 Wall Walks Light	63
Time or total reps completed:	

Rest exactly 3:00, and then

<i>Event B</i>	
	FOR TIME, time cap 11:00
21 Ring Rows	21
30m Single Dumbbell Goblet Walking Lunges 10/5kg (Every 5m = 1 rep)	27
15 Ring Rows	42
20m Single Dumbbell Goblet Walking Lunges	46
9 Ring Rows	55
10m Single Dumbbell Goblet Walking Lunges	57
Time or total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



**IRON
DIVISION**



<i>Event A</i>	
	FOR TIME, time cap 6:00
21 Box Step Ups 50cm	21
9 Wall Walks Light	30
15 Box Step Ups	45
6 Wall Walks Light	51
9 Box Step Ups	60
3 Wall Walks Light	63
Time or total reps completed:	

Rest exactly 3:00, and then

<i>Event B</i>	
	FOR TIME, time cap 11:00
21 Ring Rows	21
30m Single Dumbbell Goblet Walking Lunges 15/10kg (Every 5m = 1 rep)	27
15 Ring Rows	42
20m Single Dumbbell Goblet Walking Lunges	46
9 Ring Rows	55
10m Single Dumbbell Goblet Walking Lunges	57
Time or total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



YOUNGSTERS
DIVISION



SILVER
DIVISION



MASTERS 45+
DIVISION



<i>Event A</i>	
	FOR TIME, time cap 6:00
18 Double DB Squats 2x15/10kg	18
18 HSPU Light	36
12 Double DB Squats	48
12 HSPU Light	60
6 Double DB Squats	66
6 HSPU Light	72
Time or total reps completed:	

Rest exactly 3:00, and then

<i>Event B</i>	
	FOR TIME, time cap 11:00
21 Pull-ups	21
30m Single Dumbbell Overhead Walking Lunges 15/10kg (Every 5m = 1 rep)	27
15 Pull-ups	42
20m Single Dumbbell Overhead Walking Lunges	46
9 Pull-ups	55
10m Single Dumbbell Overhead Walking Lunges	57
Time or total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



BRONZE
DIVISION



<i>Event A</i>	
	FOR TIME, time cap 6:00
21 DB Box Step Ups 1x15/10kg + 50cm	21
9 Wall Walks Light	30
15 DB Box Step Ups	45
7 Wall Walks Light	52
9 DB Box Step Ups	61
5 Wall Walks Light	66
Time or total reps completed:	

Rest exactly 3:00, and then

<i>Event B</i>	
	FOR TIME, time cap 11:00
30 Ring Rows	30
30m Single Dumbbell Goblet Walking Lunges 15/10kg (Every 5m = 1 rep)	36
20 Ring Rows	56
20m Single Dumbbell Goblet Walking Lunges	60
10 Ring Rows	70
10m Single Dumbbell Goblet Walking Lunges	72
Time or total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



GOLD
DIVISION



MASTERS 35+
DIVISION



<i>Event A</i>	
	FOR TIME, time cap 6:00
18 Double DB Squats 2x22,5/15kg	18
18 HSPU Rx	36
12 Double DB Squats	48
12 HSPU Rx	60
6 Double DB Squats	66
6 HSPU Rx	72
Time or total reps completed:	

Rest exactly 3:00, and then

<i>Event B</i>	
	FOR TIME, time cap 11:00
30 Pull-ups	30
30m Single Dumbbell Overhead Walking Lunges 22,5/15kg (Every 5m = 1 rep)	36
20 Pull-ups	56
20m Single Dumbbell Overhead Walking Lunges	60
10 Pull-ups	70
10m Single Dumbbell Overhead Walking Lunges	72
Time or total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



PLATINUM
DIVISION



<i>Event A</i>	
	FOR TIME, time cap 6:00
21 Double DB Squats 2x22,5/15kg	21
21 HSPU Rx	42
15 Double DB Squats	57
15 HSPU Rx	72
9 Double DB Squats	81
9 HSPU Rx	90
Time or total reps completed:	

Rest exactly 3:00, and then

<i>Event B</i>	
	FOR TIME, time cap 11:00
21 Chest to Bar Pull-ups	21
30m Single Dumbbell Overhead Walking Lunges 22,5/15kg (Every 5m = 1 rep)	27
15 Chest to Bar Pull-ups	42
20m Single Dumbbell Overhead Walking Lunges	46
9 Chest to Bar Pull-ups	55
10m Single Dumbbell Overhead Walking Lunges	57
Time or total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



DIAMOND
DIVISION



<i>Event A</i>	
	FOR TIME, time cap 6:00
21 Double DB Squats 2x22,5/15kg	21
21/18 Deficit HSPU	42/39
15 Double DB Squats	57/54
15/12 Deficit HSPU	72/66
9 Double DB Squats	81/75
9/6 Deficit HSPU	90/81
Time or total reps completed:	

Rest exactly 3:00, and then

<i>Event B</i>	
	FOR TIME, time cap 11:00
30 Chest to Bar Pull-ups	30
30m Single Dumbbell Overhead Walking Lunges 22,5/15kg (Every 5m = 1 rep)	36
20 Chest to Bar Pull-ups	56
20m Single Dumbbell Overhead Walking Lunges	60
10 Chest to Bar Pull-ups	70
10m Single Dumbbell Overhead Walking Lunges	72
Time or total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



WORKOUT FLOW

VIDEO

- 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 of the dumbbell and measures of the HSPU/Wall Walk tapes.
- Show that the lines for the lunges are 5 meters apart
- Hit the clock and let's go!

PART A - 0:00-...

The workout starts with the athlete standing tall. On the count of 3-2-1 GO the athlete may touch the dumbbells and perform 21 or 18 Box Step Ups or Squats (depending on the division). When these are done, the athlete performs the assigned number of Wall Walks or Handstand Push-ups (depending on the division). When these are done, the athlete performs two more rounds, decreasing in repetitions. The workout is finished when the athlete completed the last rep OR when the clock hits 6:00

SCORE

Score 2A is the finish time OR total reps made before the 6:00 mark.

Then, the athlete rests exactly 3 minutes. For example, the athlete finished their last rep at 4:55 → the athlete must start with part B at 7:55.

PART B - ...

When the athlete rested exactly 3 minutes, Event B starts. The athlete starts with the assigned number of ring rows or pull-ups. Then, the athlete picks up the dumbbell and performs the 30m walking lunges, in segments of 5 meters. When these are done, the athlete performs round 2 and 3, decreasing in repetitions. The workout is finished when the athlete completed the last lunge OR when the clock hits the time cap of 11 minutes for this part of the workout

SCORE

Score 2B is the time it took the athlete to complete the workout OR total reps made before the timecap.

Examples

Athlete A finished Event 2A at 4:55
 Athlete A rests from 4:55 until 7:55
 Athlete A has until 18:55 to finish part B and finishes at 13:21
 Score A = 4:55, Score B = 5:26

Athlete B is time capped at 60 reps
 Athlete B rests from 6:00 – until 9:00
 Athlete B has until 20:00 to finish part B and finishes at 14:21
 Score A = 60 reps, Score B = 5:21

Athlete C finished Event 2A at 5:20
 Athlete C rests from 5:20 until 8:20
 Athlete C has until 19:20 to finish part B, and is time capped at 40 reps
 Score A = 5:20, Score B = 40 reps

<https://www.calculator.net/time-duration-calculator.html>

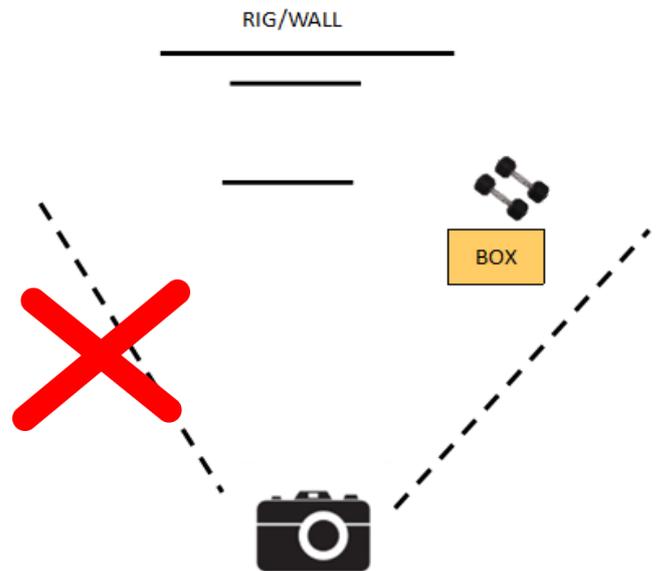
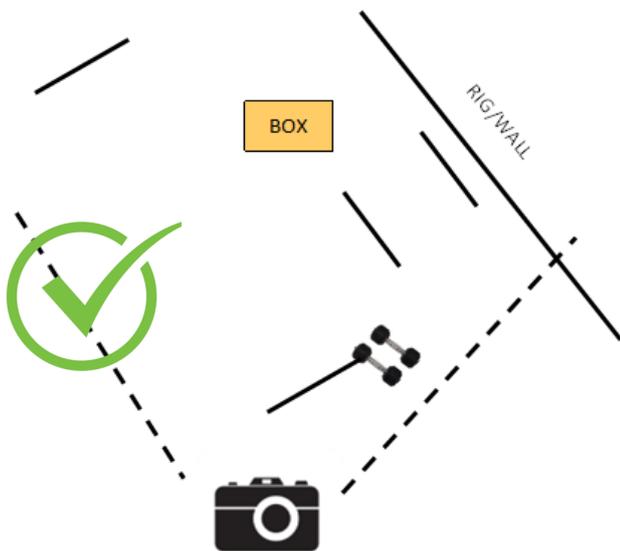


EQUIPMENT

- Dumbbell(s)
- 2 Lines taped 5m apart from each other
- Box 50cm (Teens, Iron and Bronze)
- Wall Walk taped lines (Teens, Iron, Bronze)
- Rings + taped line underneath (Teens, Iron, Bronze)
- HSPU taped lines (Youngsters, Silver, Gold, Platinum, Diamond)
- Pull-up rig (Youngsters, Silver, Gold, Platinum, Diamond)

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



Never film from the front!

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



BOX STEP UP

The movement starts with the athlete standing at one side of the box. The athlete steps onto the box until both feet touch the top of the box at the same time. Hips and knees need to be fully extended and the shoulders are in line with the hips. Then the athlete steps or jumps off at the same side of the box. The hands may not touch the box.

SINGLE DUMBBELL BOX STEP UP

Same standard as the regular Box Step Up, but the athlete needs to hold a dumbbell. They may hold it at the shoulder, chest or near the side as long as the dumbbell is held with at least one hand. During the step over, the dumbbell may not touch the box.



DOUBLE DUMBBELL SQUATS

The movement starts with the athlete standing tall with hips and knees extended and the dumbbells on the shoulders. The dumbbells must be held with one head of each dumbbell on the shoulders. Hands need to be around the iron of the dumbbell at all times.

The athlete squats down, where the hip crease must pass below the knees. Then, the athlete stands up until hips and knees are fully extended. This is one repetition. A squat clean as first rep is allowed.





SINGLE DUMBBELL GOBLET WALKING LUNGES

The movement starts with the dumbbell in front of the body, the feet together and the athlete standing tall with hips and knees extended.

The athlete must be behind the starting line. The athlete steps forward until the trailing knee touches the floor. The dumbbell must be in front of the chest of the athlete, two hands around the dumbbell.

The rep is credited when the athlete gets both heels across the line, has the dumbbell in the goblet position and is standing tall with hips and knees fully extended.

Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each set. Shuffle steps between steps are not allowed.

Each 5m section will count as 1 rep. If the athlete fails to meet any standard during a step, the athlete must restart from behind the line.



SINGLE DUMBBELL OVERHEAD WALKING LUNGES

The movement starts with the dumbbell overhead, the feet together and the athlete standing tall with hips and knees extended.

The athlete must be behind the starting line. The athlete steps forward until the trailing knee touches the floor. The dumbbell must be above the height of the athlete's head. If, during the lunge, either the head of the dumbbell makes contact with or falls below the level of the athlete's head, the athlete must stop lunging and return to the last completed section in order to continue.

The rep is credited when the athlete gets both heels across the line, has the dumbbell in the overhead position and is standing tall with hips and knees fully extended.

Stopping with both feet together on the ground is not required, but both legs must be fully extended if the athlete chooses to step through at the top. The athlete must alternate which foot leads for each set. Shuffle steps between steps are not allowed.

Each 5m section will count as 1 rep. If the athlete fails to meet any standard during a step, the athlete must restart from behind the line.





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.

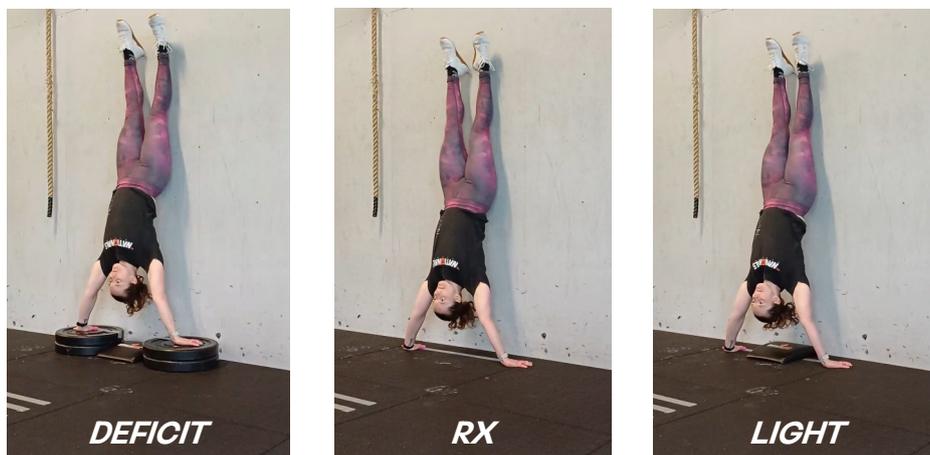


HANDSTAND PUSH-UPS LIGHT

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

DEFICIT HANDSTAND PUSH-UPS

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).





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.



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

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.

