

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

Teens	Youngsters & Bronze	Iron	
60/40 Calories Row 20 Burpees over Bar Max reps in remaining time: Barbell <u>Hang</u> Snatches 20/15kg	75/60 Calories Row 20 Burpees over Bar Max reps in remaining time: Barbell Snatches 35/25kg	75/60 Calories Row 20 Burpees over Bar Max reps in remaining time: Barbell <u>Hang</u> Snatches 30/20kg	
Silver / Masters 45+	Gold / Masters 35+	Platinum	Diamond
75/60 Calories Row 20 Burpees over Bar Max reps in remaining time: Barbell Snatches 40/30kg	75/60 Calories Row 20 Burpees over Bar Max reps in remaining time: Barbell Snatches 50/35kg	75/60 Calories Row 20 Burpees over Bar Max reps in remaining time: Barbell Snatches 60/40kg	75/60 Calories Row 20 Burpees over Bar Max reps in remaining time: Barbell Snatches 70/45kg

Rest until the clock hits 10:00, and then

EVENT 3B - For reps, AMRAP 8 minutes

Teens	Youngsters & Bronze	Iron
40 Alt. DB Snatches 20 Burpees over Bar Max reps in remaining time: Calories Row 10/5kg	50 Alt. DB Snatches 20 Burpees over Bar Max reps in remaining time: Calories Row 15/10kg	40 Alt. DB Snatches 20 Burpees over Bar Max reps in remaining time: Calories Row 15/10kg
Silver / Masters 45+	Gold / Masters 35+	Platinum & Diamond
40 Alt. DB Snatches 20 Burpees over Bar Max reps in remaining time: Calories Row 22,5/15kg	50 Alt. DB Snatches 20 Burpees over Bar Max reps in remaining time: Calories Row 22,5/15kg	40 Barbell Snatches 20 Burpees over Bar Max reps in remaining time: Calories Row 35/25kg



TEENS
DIVISION



<i>Event A</i>	
	AMRAP 8:00
60/40 Cal Row	60/40
20 Burpees over Bar	80/60
Tiebreak time	
Max reps Barbell <u>Hang</u> Snatches 20/15kg	
Total reps completed:	

Rest until 10:00, and then

<i>Event B</i>	
	AMRAP 8:00
40 Alt DB Snatches 10/5kg	40
20 Burpees over Bar	60
Tiebreak time	
Max calories row	
Total reps completed:	

if a barbell with smaller plates is used for the snatch, a second barbell with regular height plates **MUST** be used for the burpees.

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



**IRON
DIVISION**



<i>Event A</i>	
	AMRAP 8:00
75/60 Cal Row	75/60
20 Burpees over Bar	95/80
Tiebreak time	
Max reps Barbell Hang Snatches 30/20kg	
Total reps completed:	

Rest until 10:00, and then

<i>Event B</i>	
	AMRAP 8:00
40 Alt DB Snatches 15/10kg	40
20 Burpees over Bar	60
Tiebreak time	
Max calories row	
Total reps completed:	

if a barbell with smaller plates is used for the snatch, a second barbell with regular height plates **MUST** be used for the burpees.

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



YOUNGSTERS
DIVISION



BRONZE
DIVISION



<i>Event A</i>	
	AMRAP 8:00
75/60 Cal Row	75/60
20 Burpees over Bar	95/80
Tiebreak time	
Max reps Barbell Snatches 35/25kg	
Total reps completed:	

Rest until 10:00, and then

<i>Event B</i>	
	AMRAP 8:00
50 Alt DB Snatches 15/10kg	50
20 Burpees over Bar	70
Tiebreak time	
Max calories row	
Total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



SILVER
DIVISION



MASTERS 45+
DIVISION



<i>Event A</i>	
	AMRAP 8:00
75/60 Cal Row	75/60
20 Burpees over Bar	95/80
Tiebreak time	
Max reps Barbell Snatches 40/30kg	
Total reps completed:	

Rest until 10:00, and then

<i>Event B</i>	
	AMRAP 8:00
40 Alt DB Snatches 22,5/15kg	40
20 Burpees over Bar	60
Tiebreak time	
Max calories row	
Total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



GOLD
DIVISION



MASTERS 35+
DIVISION



<i>Event A</i>	
	AMRAP 8:00
75/60 Cal Row	75/60
20 Burpees over Bar	95/80
Tiebreak time	
Max reps Barbell Snatches 50/35kg	
Total reps completed:	

Rest until 10:00, and then

<i>Event B</i>	
	AMRAP 8:00
50 Alt DB Snatches 22,5/15kg	50
20 Burpees over Bar	70
Tiebreak time	
Max calories row	
Total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



PLATINUM
DIVISION



DIAMOND
DIVISION



<i>Event A</i>	
	AMRAP 8:00
75/60 Cal Row	75/60
20 Burpees over Bar	95/80
Tiebreak time	
Max reps Barbell Snatches Platinum: 60/40kg Diamond: 70/45kg	
Total reps completed:	

Rest until 10:00, and then

<i>Event B</i>	
	AMRAP 8:00
40 Barbell Snatches 35/25kg	40
20 Burpees over Bar	60
Tiebreak time	
Max calories row	
Total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

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 and box.
Then show the weight of the dumbbell, barbell and plates.
Hit the clock and let's go!

PART A - 0:00-8:00

The workout starts with the athlete seated on the rower, NOT touching the handle. On the count of 3-2-1 GO the athlete may touch the handle and start rowing. The athlete must stay seated until the screen shows the assigned number of calories.

When these are done, the athlete moves to the barbell to perform 20 burpees over bar.

Tiebreak: note the time on the clock after the 20th burpee. In case of a tie, the athlete with the fastest time ends up on top.

After the burpees, the athlete does as many snatches as possible until the clock hits 8:00.



Score 3A is the total number of reps (row + burpees + snatches) + tiebreak time

The athlete rests from 8:00 until 10:00. Others may assist in unloading the barbell.

PART B - 10:00-18:00

The athlete stands tall behind the dumbbell or barbell, not touching anything. When the clock hits 10:00, Event B starts. The athlete may touch the dumbbell or barbell to complete the assigned number of reps. When these are done, the athlete moves to the barbell to perform 20 burpees over bar.

Tiebreak: note the time on the clock after the 20th burpee. In case of a tie, the athlete with the fastest time ends up on top.

After the burpees, the athlete moves back to the rower and rows many calories as possible until the clock hits 18:00.



Score 3B is the total number of reps (snatches + burpees + calories) + tiebreak time.

The last pull on the rower has to be done before the clock hits 18:00. Count the number of calories on the screen when the screen stops counting (let the rower roll out). Making another pull after the 18:00 mark will result in a penalty.

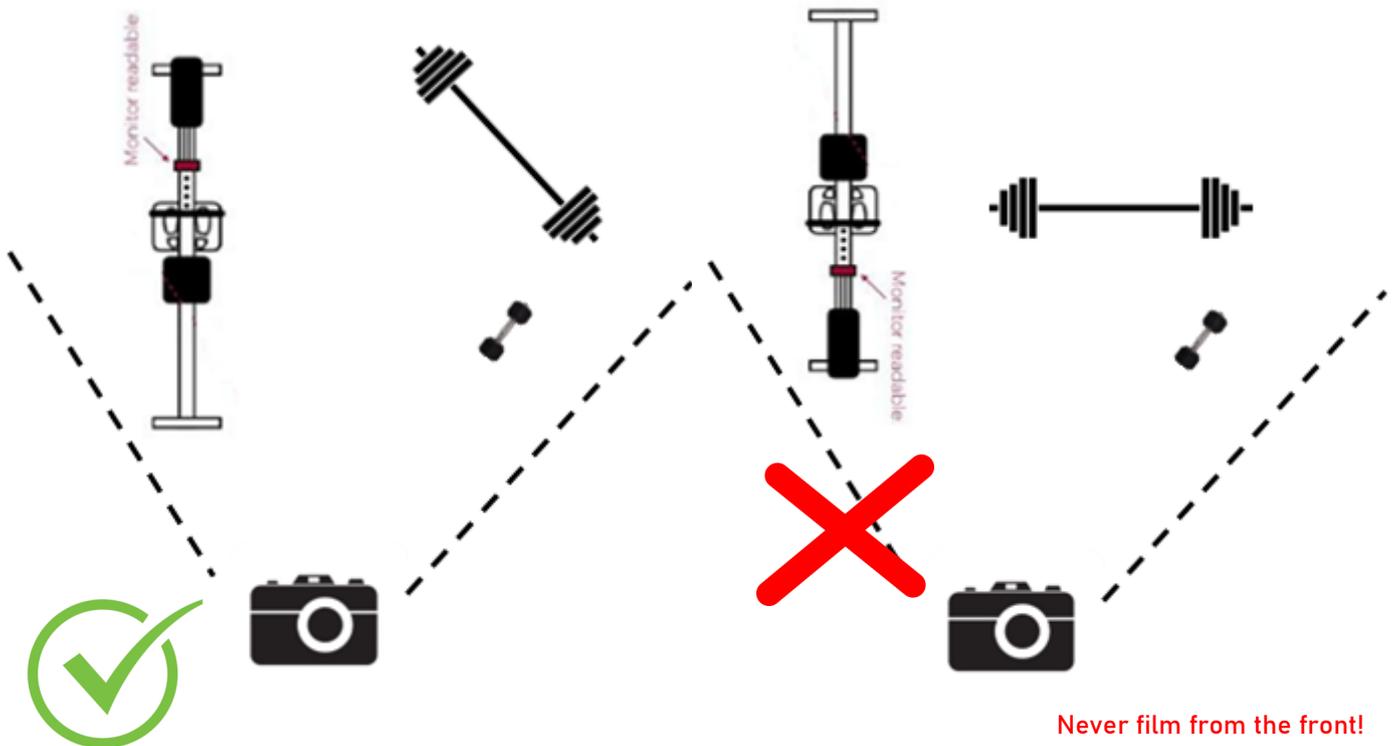


EQUIPMENT

- Dumbbell
- Barbell
- Plates and collars
- Concept2 Rower

VIDEO STANDARDS

- The video must be uncut and unedited. Fisheye lenses are not allowed.
- An ascending clock (0 -> 18) 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
- Make sure the screen of the rower is clearly visible.



MOVEMENT STANDARDS

GENERAL RULES

- Grips may not be used holding a barbell or dumbbell.
- 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

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 OVER BAR

The movement starts with the athlete on one side of the barbell. The athlete steps or jumps back into the bottom position. In the bottom position, the athlete lies on the floor with the chest (nipple height) and hips/thighs are touching the floor at the same time. From this position, the athlete can step or jump back on their feet. The athlete then jumps over the barbell and lands on the other side. Only Teen and Iron athletes are allowed to step over the barbell. This is one repetition. Repetitions may be done lateral or bar facing, as long as all standards are met.

Teens/Iron Female: if a barbell with smaller plates is used for the snatch, a second barbell with regular height plates MUST be used for the burpees.

ALTERNATING DUMBBELL SNATCH

The movement starts with the dumbbell with one head in contact with the floor. The athlete moves the dumbbell in one fluent motion to an overhead position in which the dumbbell is clearly over the middle of the athlete's body. The arms, hips and knees must be fully locked out. The next rep must be done with the other hand.

The non-lifting hand is not in contact with the body at all times. The athlete may choose to do a split style snatch, but both feet must return under the athlete's body with dumbbell locked out overhead before the rep counts. A pause during the movement (clean and jerk) is not allowed. When switching hands, the switch can happen anywhere on the way down. The non-lifting hand and arm may not be in contact with the body during the whole movement.





BARBELL HANG SNATCH

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 overhead position in one fluent motion. In the end position, the barbell is straight above the head. The elbows, hips and knees are fully extended and both feet are straight under the hips. The athlete has control over the barbell. A snatch from the floor is a no-rep and does not count. The athlete needs to stand up with the bar and make a downwards motion first.



BARBELL SNATCH

The movement starts with both bumper plates in contact with the floor. The athlete moves the bar to overhead position in one fluent motion (clean and presses are not allowed). In the end position, the barbell must come to full lockout overhead, with hips, knees and arms fully extended, and the barbell directly over or slightly behind the middle of the body. Feet are underneath the body at hip width stance. The athlete has full control over the bar. This may be a muscle snatch, power snatch, squat snatch or split snatch as long as all standards are met. Hang snatches are not allowed.

