

Welcome to the last 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 4a and 4b will get a personalized winner t-shirt. In case of a tie, the athlete with the best time at 4b 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 4A - For load - In 3 minutes

All Divisions
1RM Bench Press Score = kg of heaviest successful lift

Rest until the clock hits 4:00, and then

EVENT 4B - For time, time cap 16 minutes

Teens & Iron	Bronze	Youngsters & Silver / Masters 45+
80 Single Unders 40 Cleans 40 Knee Raises 40 Box Step Over	80 Single Unders 40 Cleans 35/25kg 40 Single Leg Toes to Bars 40 Box Jump/Step Overs	40 Double Unders 40 Cleans 40/30kg 30 Toes to Bars 40 Box Jump Overs
40 Single Unders 20 Cleans 20 Ring Rows 20 Box Step Overs	40 Single Unders 20 Cleans 50/35kg 10 Pull-ups 20 Box Jump/Step Overs	20 Double Unders 20 Cleans 60/40kg 20 Pull-ups 20 Box Jump Overs
Teens: 20/15kg + 50cm box Iron: 35/25kg + 60/50cm box	60/50cm box	60/50cm box
Gold / Masters 35+	Platinum	Diamond
80 Double Unders 40 Cleans 40/30kg 30 Toes to Bars 40 Box Jump Overs	80 Double Unders 40 Cleans 50/35kg 40 Toes to Bars 40 Box Jump Overs	80 Double Unders 40 Cleans 50/35kg 40 Toes to Bars 40 Box Jump Overs
40 Double Unders 20 Cleans 65/45kg 20 Chest to Bar Pull-ups 20 Box Jump Overs	40 Double Unders 20 Cleans 70/50kg 10 Bar Muscle Ups 20 Box Jump Overs	40 Double Unders 20 Cleans 80/55kg 20 Bar Muscle Ups 20 Box Jump Overs
60/50cm box	60/50cm box	60/50cm box



TEENS
DIVISION



IRON
DIVISION



Event A				
From 0:00 - 3:00, FOR LOAD (KG)				
FOR MAX WEIGHT: 1RM Bench Press				
ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	SCORE = HEAVIEST LIFT: _____KG

Rest until 4:00, and then

Event B	
From 4:00 - 20:00, FOR TIME	
80 Single Unders	80
40 Cleans	120
40 Knee Raises	160
40 Box Step Over	200
40 Single Unders	240
20 Cleans	260
20 Ring Rows	280
20 Box Step Overs	300
Finish Time or Total reps completed:	

	Teens	Iron
Weight	20/15kg barbell	35/25kg barbell
Height	50cm	60/50cm

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



BRONZE
DIVISION



Event A				
From 0:00 - 3:00, FOR LOAD (KG)				
FOR MAX WEIGHT: 1RM Bench Press				
ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	SCORE = HEAVIEST LIFT: _____KG

Rest until 4:00, and then

Event B	
From 4:00 - 20:00, FOR TIME	
80 Single Unders	80
40 Cleans 35/25kg	120
40 Single Leg Toes to Bars	160
40 Box Jump/Step Overs 60/50cm	200
40 Single Unders	240
20 Cleans 50/35kg	260
10 Pull-ups	270
20 Box Jump/Step Overs 60/50cm	290
Finish Time or Total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____





Event A				
From 0:00 - 3:00, FOR LOAD (KG)				
FOR MAX WEIGHT: 1RM Bench Press				
ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	SCORE = HEAVIEST LIFT: _____KG

Rest until 4:00, and then

Event B	
From 4:00 - 20:00, FOR TIME	
40 Double Unders	40
40 Cleans 40/30kg	80
30 Toes to Bars	110
40 Box Jump Overs 60/50cm	150
20 Double Unders	170
20 Cleans 60/40kg	190
20 Pull-ups	210
20 Box Jump Overs 60/50cm	230
Finish Time or Total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



GOLD
DIVISION



MASTERS 35+
DIVISION



Event A				
From 0:00 - 3:00, FOR LOAD (KG)				
FOR MAX WEIGHT: 1RM Bench Press				
ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	SCORE = HEAVIEST LIFT: _____KG

Rest until 4:00, and then

Event B	
From 4:00 - 20:00, FOR TIME	
80 Double Unders	80
40 Cleans 40/30kg	120
30 Toes to Bars	150
40 Box Jump Overs 60/50cm	190
40 Double Unders	230
20 Cleans 65/45kg	250
20 Chest to Bar Pull-ups	270
20 Box Jump Overs 60/50cm	290
Finish Time or Total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



PLATINUM
DIVISION



Event A				
From 0:00 - 3:00, FOR LOAD (KG)				
FOR MAX WEIGHT: 1RM Bench Press				
ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	SCORE = HEAVIEST LIFT: _____KG

Rest until 4:00, and then

Event B	
From 4:00 - 20:00, FOR TIME	
80 Double Unders	80
40 Cleans 50/35kg	120
40 Toes to Bars	160
40 Box Jump Overs 60/50cm	200
40 Double Unders	240
20 Cleans 70/50kg	260
10 Bar Muscle Ups	270
20 Box Jump Overs 60/50cm	290
Finish Time or Total reps completed:	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



**DIAMOND
DIVISION**



Event A				
From 0:00 - 3:00, FOR LOAD (KG)				
FOR MAX WEIGHT: 1RM Bench Press				
ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	ATTEMPT 4	SCORE = HEAVIEST LIFT: _____KG

Rest until 4:00, and then

Event B	
From 4:00 - 20:00, FOR TIME	
80 Double Unders	80
40 Cleans 50/35kg	120
40 Toes to Bars	160
40 Box Jump Overs 60/50cm	200
40 Double Unders	240
20 Cleans 80/55kg	260
20 Bar Muscle Ups	280
20 Box Jump Overs 60/50cm	300
Finish Time or 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 barbell and plates and height of the box used.
 Hit the clock and let's go!

PART A - 0:00-3:00

The workout starts with the athlete standing or seated on the bench. When the clock starts, the athlete may lay down and perform a bench press. Others may assist in loading the barbell. The weight may go up and down. Collars do not need to be on the barbell. The lift complex must be completed before the 3:00 mark.



Score 4A 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 before stopping the video!

The athlete rests from 3:00 until 4:00. Others may assist in (un)loading the barbell.

PART B - 4:00-20:00

The athlete stands tall with the rope on the floor. When the clock hits 4:00, the athlete may grab the jump rope and start with the assigned number of single or double unders. When these are completed, the athlete moves to the bar and performs 40 barbell cleans. When these are completed, the athlete moves to the rig and performs 30/40 toes to bar variations. Then, the athlete moves to the box and performs 40 box jump/step overs.

After this, the athlete performs again the single/double unders, followed by 20 (heavier) cleans. When these are completed, the athlete moves to the rig for the 10/20 Pull-ups/Bar Muscle ups. The athlete finishes with another set of 20 box jump/step overs.



Score 4B is the time on the clock after the last box step/jump over OR the number of reps completed when the clock hits 20:00.

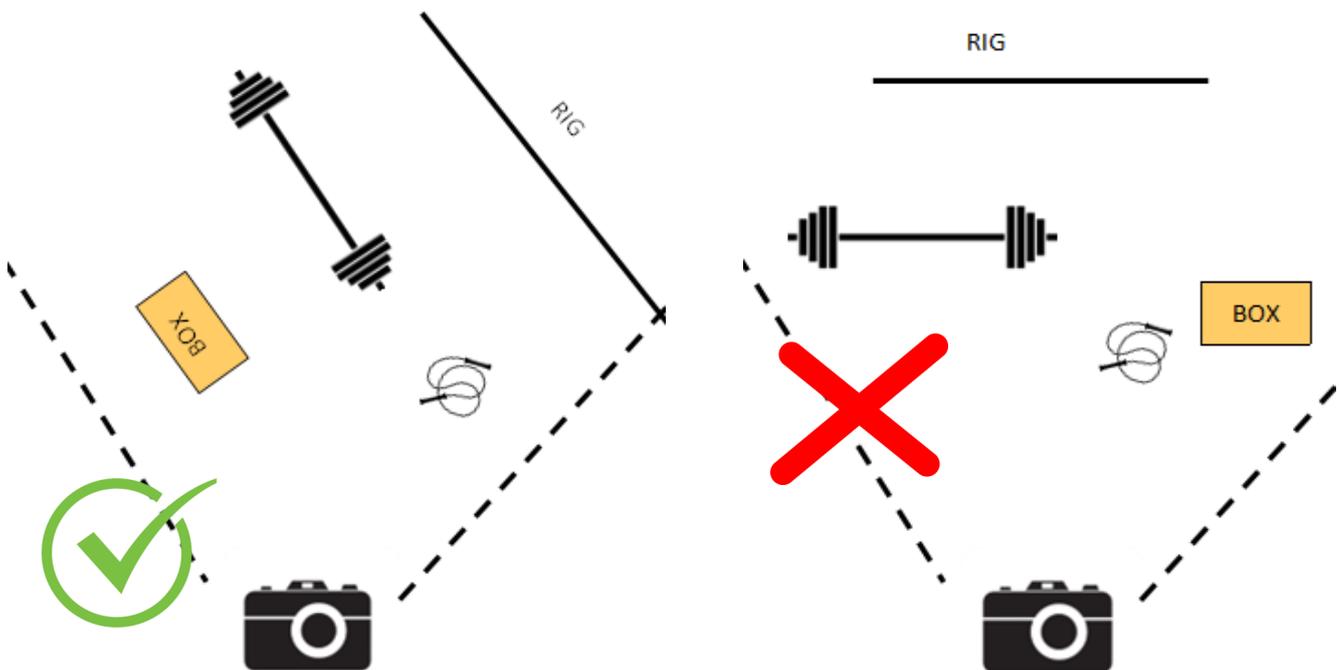


EQUIPMENT

- Bench
- Rack
- Plybox
- Barbell (maximum of 2 barbells may be used)
- Plates and collars
- Rig

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.
- Dumbbells and kettlebells may never be dropped from anywhere above the knee.
- 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, except for part 4A. 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

BENCH PRESS

The bench press starts with the athlete lying with his/her glutes and upper back on the bench, the bar above the chest of the athlete and elbows in full extension. At the bottom, the barbell must make contact with the chest below the collar bone. The glutes and upper back must be in contact with the bench. Then,



the athlete presses back into the starting position. Make sure to show control AND proper lockout before racking the weight. For shorter athletes, plates or floor tiles may be used to create a platform to put the feet on.

SINGLE UNDERS

The movement starts with the jump rope on the floor. The athlete grabs the jump rope and jumps over the rope while the rope passes the athlete once. The athlete needs to jump with both feet at the same time. If the athlete steps on the rope, this is a no-rep. Double unders do not count as reps for single unders at all.

DOUBLE UNDERS

The movement starts with the jump rope on the floor. The athlete grabs the jump rope and jumps over the rope while the rope passes the athlete twice. The athlete needs to jump with both feet at the same time. If the athlete steps on the rope, this is a no-rep. Single unders do not count as reps for double unders at all.

BARBELL CLEAN

The movement starts with the barbell touching the floor with both bumper plates at the same time. The athlete stands behind the bar and lifts the bar to the front rack in one fluent motion. Feet are under the hips, hips and knees are extended and elbows are in front of the bar. This can be a power or squat clean. The athlete is in control over the bar.





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.



RING ROWS

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.





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.



PULL-UP



CHEST TO BAR



BAR MUSCLE UP

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.

BAR MUSCLE UPS

The athlete kips up until the athlete is in support on top of the pull-up rig, with shoulders in front of the vertical plane of the pull-up rig, and elbows completely locked out. During the kip, the feet and knees may not be above the horizontal plane of the pull-up rig. No other body part than the hands may be on the rig (no climbing in the rig). Once on top, the hands must stay in contact with the bar, and athlete must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.

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.

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.

