



Welcome to the Nationals—Triplets edition!

There will be 3 qualifier events for each team. After the deadline, all teams will be placed into one of the three divisions based on their scores. Each division will get their own leaderboard. The best teams after 3 Events will be invited to the Live Triplets Finals that will take place at Sportcentrum Valkenhuizen at August 29th and 30th 2026.

#### **Qualifier events**

Release: May 6th 20:00 CEST

Deadline: June 7th 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](mailto: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](mailto: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
- 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.

#### **UPLOAD VIDEO**

For Event 2 and 3, each athlete has their own video., but you can only upload 1 video link. Options include:

- Make a YouTube Playlist and upload this link
- Put all video's in 1 Google Drive folder and upload this link

Do **NOT** sent us an WeTransfer link, since these are only valid for 48 hours.

**EVENT 26.1 - RELAY TEAM WORKOUT**

AMRAP 15 minutes

As many reps as possible in 15 minutes of:

Buy in:

30/24 Cal Row Athlete A

30/24 Cal Row Athlete B

30/24 Cal Row Athlete C

Then, in remaining time, alternating full rounds:

8 Barbell Ground to Overhead 42,5/30kg

8 Bar Facing Burpees over Bar

***EQUIPMENT***

- 1 female barbell loaded with 30kg
- 1 male barbell loaded with 42,5kg
- 1 Concept2 Rower
- Tape

***WORKOUT FLOW***

The workout starts with 1 athlete seated on the rower, the other 2 athletes behind/next to the rower. The athlete may not touch the rower handle yet.

On the count of 3-2-1-GO the workout starts and Athlete A may touch the handle and start with 30 calories (male) or 24 calories (female). When these are completed, Athlete B steps onto the rower to perform his/her calories. When the screen shows 60(MM),54(MF) or 48(FF) calories, Athlete C steps onto the rower to perform his/her calories.

When the screen hits 84 (MMF team) or 78 (FFM team) calories, Athlete C high fives Athlete A, and Athlete A may start with 8 barbell ground to overhead, followed by 8 bar facing burpees over bar. Then, Athlete A high fives Athlete B, and Athlete B performs his/her round etc. Continue until the clock hits 15:00.

- Teammates must high five each other when switching turns.
- When switching, the barbells must always be on the floor.
- Athletes must stay in the same order (A->B->C->A etc)

***SCORING***

The score for this workout is the total number of barbell ground to overhead + bar facing burpees over bar completed. The row does NOT count for the score.

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 26.2 - INDIVIDUAL WORKOUT**

In 5 minutes, for max load:  
1 Clean + 1 Hang Clean + 1 Jerk

***EQUIPMENT***

- Barbells + collars (Female use 15kg, male use 20kg)
- Bumper plates

***WORKOUT FLOW***

The workout starts with the athlete standing tall behind the loaded barbell. On the count of 3-2-1-GO the athlete may do as many attempts for their lift as they wish. Other athletes may help in loading the barbell. Always show the end weights used on camera. The lift needs to be completed within the 5 minute timeframe.

The complex must be completed unbroken. In case the athlete fails one movement, the whole complex is a no rep.

***SCORING***

The score for this workout is the sum of the total weight lifted, rounded to the nearest whole number. The weight of the female athlete(s) must be multiplied by 1,5. First convert all weights, then sum them up, then round them down.

Female Athlete = 47,5kg -> 71,25kg

Female Athlete = 60kg -> 90kg

Male Athlete = 97,5kg -> 97,5kg

Score = 71,25 + 90 + 97,5 = 258,75 -> 258KG

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 26.3 - INDIVIDUAL WORKOUT**

AMRAP 15 minutes

3 rounds of:  
16 Knee Raises  
10 Russian Kettlebell Swings 24/16kg  
20 Single Unders

1 min rest

3 rounds of:  
12 Pull-ups  
10 Russian Kettlebell Swings 24/16kg  
20 Single Unders

1 min rest

3 rounds of:  
8 Chest to Bar Pull-ups  
10 Russian Kettlebell Swings 24/16kg  
20 Double Unders

1 min rest

max rounds of:  
4 Bar Muscle Ups  
10 Russian Kettlebell Swings 24/16kg  
20 Double Unders

***EQUIPMENT***

- 1 Kettlebell 24/16kg
- 1 Jump rope
- 1 Rig

***WORKOUT FLOW***

The workout starts with the athlete standing tall underneath the rig. On the count of 3-2-1-GO the workout starts and the athlete may jump into the rig and perform 16 **Knee Raises**. Then, the athlete moves to the kettlebell and performs 10 Russian Kettlebell Swings. Then, the athlete moves to the jump rope to perform 20 Single Unders. The athlete completes 2 more rounds of these, and then rests for exactly 1 minute.

Then, the athlete performs 3 rounds of 12 **Pull-ups**, followed by 10 Russian Kettlebell Swings and 20 Single Unders. When these are completed, the athlete rests for exactly 1 minute.

Then, the athlete performs 3 rounds of 8 **Chest to Bar Pull-ups**, followed by 10 Russian Kettlebell Swings and 20 **Double Unders**. When these are completed, the athlete rests for exactly 1 minute.

In the remaining time, the athlete performs as many rounds and reps as possible of 4 **Bar Muscle Ups**, 10 Russian Kettlebell Swings and 20 Double Unders

The athlete continues with the next rounds until the clock hits 15:00. The athlete may also stop when he/she cannot perform a certain movement. Scaling is not an option.

# THE NATIONALS

TRIPLETS EDITION 

## SCORING

The score for this workout is the total number of reps completed within the 15 minutes. Add up all 3 scores of the teammates and that's your score.

### Example

Athlete A = 138 reps (no pull-ups)

Athlete B = 148 reps (10 pull-ups)

Athlete C = 222 reps (5 rounds)

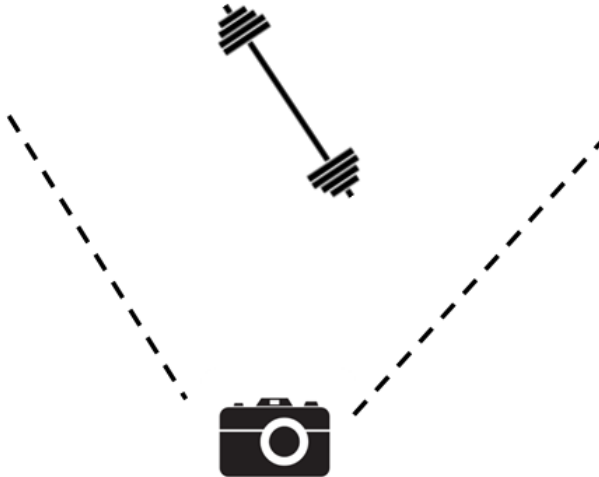
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Team score = 508 reps



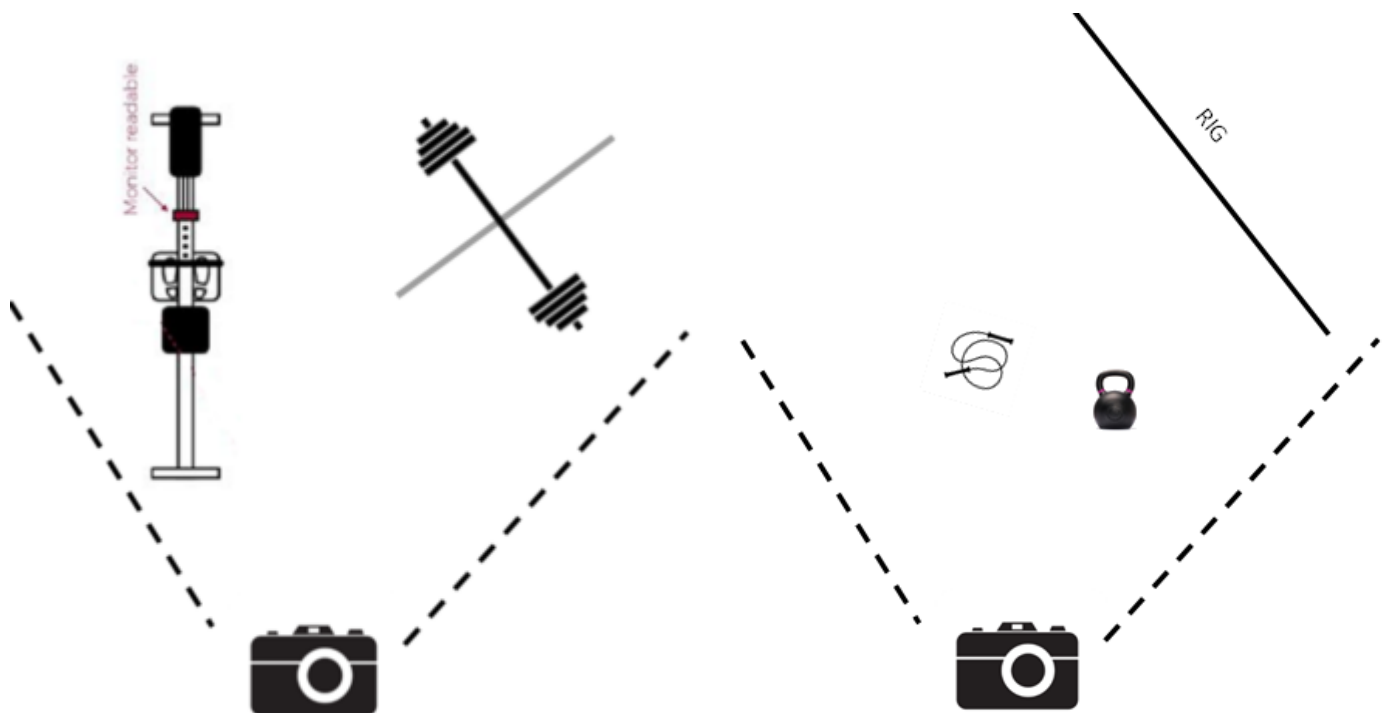
## FLOOR PLANS

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 Kettlebell Swings: make sure we can see clearly that the kettlebell and elbows are above shoulder height.

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**

### **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.



### **GROUND TO OVERHEAD**

The movement starts with the barbell with both bumper plates on the floor. The athlete moves the barbell to an overhead position in which the barbell is straight above the head of the athlete with hips, knees and elbows fully locked out. The athlete has control over the barbell. This can be a snatch or clean and jerk movement. A hang clean/snatch is also allowed as long as every reps first starts from the floor.



### **BAR FACING BURPEE OVER BAR**

All athletes must use a barbell with regular bumper plates (18inch) for the burpees. Start with taping a clear line on the floor, perpendicular to the bar. The athlete jumps or steps back to reach the bottom position. The center of the athlete's chest must be on the line and the feet and hands must be straddling the line. (One hand and one leg on each side of the line) The head must stay behind the barbell. From this position, the athlete can step or jump to their feet. The athlete must step or jump over the barbell. For the next rep, the athlete must be perpendicular to and facing the barbell on this side of the barbell.



## **CLEAN**

The movement starts with the athlete standing tall with the barbell with both plates in contact with the floor. The barbell moves from the floor to the front rack position in a 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 muscle clean, power clean and split clean are allowed, even as power or squat variations, as long as all standards are met. If the bar is caught in a split or 'starfish' position, both feet need to move back under the hips before the bar leaves the shoulders to count as a rep.

## **HANG CLEAN**

After the clean, the athlete returns the barbell to the hips/thighs where the barbell stays above the knees (see picture). If the barbell is lowered below the knee, the complex is a no rep.

The barbell moves from above the knee 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 hang muscle clean, hang power clean and hang split clean are allowed, even as power or squat variations, as long as all standards are met.

## **SHOULDER TO OVERHEAD**

After the Hang Clean, the barbell is in the front rack position. From here, the athlete gets the bar overhead, where the bar is straight above the head, with feet under the hips, and elbows, hips and knees fully extended. The athlete is in control over the bar. This may be a strict press, push press, push jerk or split jerk as long as the standards are met. In the split jerk, both feet need to move back under the hips before the bar is lowered.

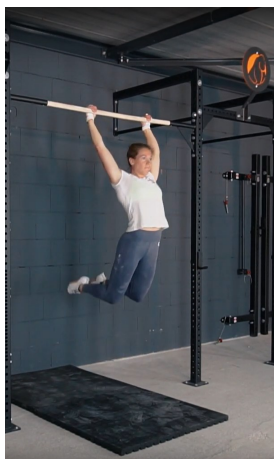




## ***KNEE RAISE***

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.

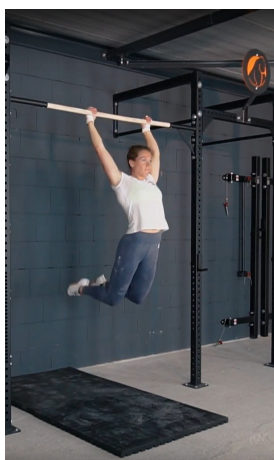
The athletes swing their knees up in front of the body, until both knees are clearly above the hips at the same time. This may be done strict or kipping as long as all standards are met and no other parts of the body than the hands touch the rig.



## ***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.

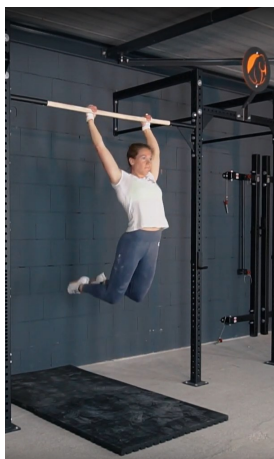
The athlete moves their body up until the chin is clearly above the pull-up bar. This may be done strict, kipping or butterfly as long as all standards are met and no other parts of the body than the hands touch the rig.



## ***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.





## ***BAR MUSCLE UP***

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 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.



## ***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.

## ***RUSSIAN KETTLEBELL SWINGS***

The movement starts with both hands on the kettlebell. The athlete swings the kettlebell back until the center of the kettlebell is clearly behind the legs. The athlete swings the kettlebell up until the kettlebell, hands and elbows are above the shoulder. Extension of the elbow is not needed.



**EVENT 26.1 - RELAY TEAM WORKOUT**

As many reps as possible in 15 minutes of:

Buy in:

30/24 Cal Row Athlete A

30/24 Cal Row Athlete B

30/24 Cal Row Athlete C

Then, in remaining time, alternating full rounds:

8 Barbell Ground to Overhead 42,5/30kg

8 Bar Facing Burpees over Bar

	Athlete A	Athlete B	Athlete C
30/24 cal Row			
Then, in remaining time, alternating full rounds:			
	8 Barbell GTOH	8 BF Burpees over Bar	Total reps completed
Round 1			16
Round 2			32
Round 3			48
Round 4			64
Round 5			80
Round 6			96
Round 7			112
Round 8			128
Round 9			144
Round 10			160
Round 11			176
Round 12			192
<b>TOTAL REPS</b>			

TEAM: \_\_\_\_\_

BOX: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

JUDGE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**EVENT 26.2 - INDIVIDUAL WORKOUT**

In 5 minutes, for max load:

1 Clean + 1 Hang Clean + 1 Jerk

	KG	Pass/Fail
Attempt 1		
Attempt 2		
Attempt 3		
Attempt 4		
Attempt 5		

TEAM: \_\_\_\_\_

ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_

**EVENT 26.3 - INDIVIDUAL WORKOUT**  
AMRAP 15 minutes

	16 Knee Raises	10 Russian KB Swings 24/16kg	20 Single Unders
Round 1	16	26	46
Round 2	62	72	92
Round 3	108	118	138
Rest exactly 1 minute			
	12 Pull-ups	10 Russian KB Swings 24/16kg	20 Single Unders
Round 4	150	160	180
Round 5	192	202	222
Round 6	234	244	264
Rest exactly 1 minute			
	8 Chest to Bar Pull-ups	10 Russian KB Swings 24/16kg	20 Double Unders
Round 7	272	282	302
Round 8	310	320	340
Round 9	348	358	378
Rest exactly 1 minute			
	4 Bar Muscle Ups	10 Russian KB Swings 24/16kg	20 Double Unders
Round 10	382	392	412
Round 11	416	426	446
Round 12	450	460	480
Round 13	484	494	514
Round 14	518	528	548
Round 15	552	562	582
TOTAL REPS			

TEAM: \_\_\_\_\_

ATHLETE: \_\_\_\_\_

BOX: \_\_\_\_\_

JUDGE: \_\_\_\_\_

SIGNATURE ATHLETE: \_\_\_\_\_

SIGNATURE JUDGE: \_\_\_\_\_