

Welcome to the first event of season 10!

Are you ready to show us what you've got? Maybe you even did this workout in Season 6, and show the growth you've made.

For some of you this workouts will be a challenge. Remember that scaling is not an option. Stick to the movements that are assigned and give it all you've got. These events are the test to put you into the right division.

You'll get points for each part. Points for A, points for B and points for C. These combined points will determine in which division you're going to be this season. All parts will count for a 50% score on the leaderboard.

All workouts need to be done within the time frame given. When logging your scores, it is not allowed to combine scores from different attempts. All three scores need to be from the same attempt and the same video.

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.

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

Good luck!

Team The Nationals

		ALL DIVISIONS - INDIVIDUAL WORKOUT
A	FROM 0:00-4:00 FOR LOAD	1 RM CLEAN & JERK
1 MINUTE BREAK		
B	FROM 5:00-12:00 FOR REPS	AMRAP 7 MINUTES Buy in: 1000(M)/800(V)m Row Max reps Burpee Box Overs 60(M)/50(V)cm
2 MINUTES BREAK		
C	FROM 14:00-20:00 FOR REPS	AMRAP 6 MINUTES 20 Ring Rows 20 Single Leg Toes to Bar 20 Pull-ups 20 Chest to Bar Pull-ups 20 Bar Muscle Ups

EQUIPMENT

- Barbell + collars (female use 15kg, male use 20kg, teens/youngsters may use 10kg)
- Bumperplates
- Concept2 Rower
- Plyobox 60/50cm
- Rings
- Rig
- Tape (on the floor underneath the rings)

VIDEO STANDARDS

- Start the video with stating your full name and box. Then film the height of the plyobox. If it is not stated on the box itself, measure it! Then show the weight of the barbell and all plates used. Also show the height of the rings for the ring rows.
- 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. This is also very important for the screen of the rower and the height of the pull-ups.
- After the workout, show the weight on the bar to confirm your score (!!)

WORKOUT FLOW**PART A - 0:00-4:00**

The workout starts with the athlete standing tall behind the loaded barbell. On the count of 3-2-1 GO the athlete may touch the barbell and perform the clean (and jerk). The athlete may do as many attempts within the 4 minutes as they like. The weight can go up and down. Remember that only the athlete is allowed to touch the barbell/weight. Collars need to be on the outside of all plates for the weight to count.

The score is the total weight including the bar in KG, rounded down to 0 decimals. 62,5 will be 62kg

- - - 4:00-5:00 BREAK - - -

The athlete may already sit on the rower, touch the screen, but NOT touch the handle.

PART B - 5:00-12:00

When the clock hits 5:00, the athlete may touch the handle and start rowing. The athlete must stay seated on the rower until the screen hits the assigned number of meters.

Then, in the remaining time, the athlete performs as many burpee box overs as possible until the clock hits 12:00.

The score is the total number of burpee box overs made.

- - - 12:00-14:00 BREAK - - -

The athlete may already go to the rig, but can't touch the rings yet.

PART C - 14:00-20:00

When the clock hits 14:00, the athlete may touch the rings and start with the ring rows. When all 20 reps have been made, the athlete proceeds to 20 single leg toes to bar, followed by 20 pull-ups, 20 chest to bars and 20 bar muscle ups. If the athlete completes all bar muscle ups before the 20:00 mark, they go back to ring rows and start their second round.

The score for this workout is the total number of reps completed before the 20:00 mark.

It is the responsibility of the athlete and judge to perform the movements according to the movement standards. In case of doubt by the judge or organization, the repetition will be no-repped.

SCORING & LOGGING

SOLO

Placement Event A Solo	The total weight including the bar in KG, rounded down to 0 decimals. 62,5 will be 62kg
Placement Event B Solo	The total number of burpee box overs made
Placement Event B Solo	The total number of reps completed

BUDDY

Make sure that your team is complete:

1. Team Captain needs to buy a buddy ticket via www.jointhenationals.com
2. Team Captain needs to make a team in The Nationals App; My Profile -> My Teams
3. Team Captain invites the buddy to join the team.
 - a. If the buddy already has an account in the Nationals App, make sure to use the same e-mail address.
 - b. Via the EDIT button, the Team Captain can invite, change and remove team members until the deadline of the Placement Events. The Team Captain can also change the name of the team or make someone else Team Captain until the deadline of the Placement Events.
4. The buddy has to accept the team invite to join the team.

The Team Captain is the only one who can log scores in The Nationals App. He/she can only log scores after the team is complete.

Placement Event A Buddy	Male/Male teams: the sum of both lifts combined. Male/Female teams: multiply the lifted weight of the female by 1.5. Then sum both lifts. Female/Female teams: multiply the lifted weight of both females by 1.5. Then sum both lifts. Rounded down to 0 decimals. 62,5 will be 62kg Examples: M/M team: 100kg + 120kg = 220kg M/F team: 100kg (M) + 70kg (F) → 70 x 1,5 = 105kg. 100kg(M) + 105kg (F) = 205kg F/F team: 62,5kg (F) + 70kg (F) → 62,5 x 1,5 = 93,75kg. 70 x 1,5 = 105kg. 93,75 + 105kg = 198,75kg → rounded down = 198kg.
Placement Event B Buddy	Burpee Box Overs from both athletes combined.
Placement Event B Buddy	The total number of reps of both athletes combined.

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.

PREPARATION

Before the workout, make sure to get the right set-ups for the Ring Rows. Always show this at the start of your video.

RING ROWS

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. The arms hanging relaxed next to the body. 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.



MOVEMENT STANDARDS

GENERAL RULES

- Tape and/or grips may be used.
- Using a box to get into the rig/rings is allowed. Jumping Pull-ups/Muscle-ups are not allowed.
- Only 1 barbell may be used (20kg for male, 15kg for female, 10g for teens/youngsters) and no one else than the athlete may load the bar.
- Blocks or a rack is not allowed. The bar needs to be moved from the floor for all movements.
- Clips must always be on the outside of all plates. Clips to not count for weight on the barbell.
- The barbell may never be dropped behind. If this happens, it is a no rep.
- 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



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. Hips and knees are extended and elbows are in front of the bar. This can be a power or squat clean. The athlete moves the barbell up until it is straight above the centre of the body.

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.

ROW

Two options here, you may prepare the monitor to count down from the assigned meters, or just press 'Just Row' / 'Quickstart' and row from 0 upwards.

The athlete may only touch the handle when the clock is at 5:00, and no earlier. The athlete must stay on the rower (feet in straps) until all stated meters are rowed. Make sure the screen is visible enough on camera to show the amount! It will help if your judge or another person keeps the camera closer to show.

BURPEE BOX OVER



The movement starts with the athlete standing next to the box. The athlete jumps/steps down into the burpee until hips and chest are touching the floor at the same time. The athlete jumps/steps back on their feet. Then, the athlete jumps/steps on the box. Both feet must touch the top of the box at the same time. Then the athlete jumps/steps down on the other side of the box. This is 1 repetition. Extension on top is not needed. The burpees may be performed facing or lateral to the box.

RING ROWS



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.

SINGLE LEG TOES TO BAR



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 until one foot is touching the pull-up bar 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. Note that reps should be alternating feet. In case of a no-rep on one leg, that same leg needs to make a rep before alternating to the other leg.

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 (glide kip is not allowed). No other body part than the hands may be on the rig (no climbing in the rig).

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		20 Single Leg Toes to Bar	40
		20 Pull-ups	60
		20 Chest to Bar Pull-ups	80
		20 Bar Muscle Ups	100
		20 Ring Rows	120
		20 Single Leg Toes to Bar	140
		TOTAL REPS	

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____