Season 10 - Event 1
Deadline: Nov 15th 8PM

Welcome to the first event of season 10!

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 repeat of Season 7 Event 1 + Season 8 Event 4A! Let's see if you've made some progress.

This workout is a four part workout. Each part counts for **50%**. If you have the best score, you'll get **0,5** point. All four parts combined count for **200%**.

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 four 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 **1a, 1b, 1c** and **1d** will get a personalized winner t-shirt. In case of a tie, the athlete with the highest ranking will receive the shirt. If both athletes have the same ranking, the athlete with the highest rank on event **1d** will receive the prize.

Make sure to log your score on time: the deadline of this event is November 15th 8PM.

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

Good luck!

Team The Nationals

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INDIVIDUAL DIVISIONS		
1A	FROM 0:00-4:00 FOR REPS	AMRAP 4 minutes 6 Box Overs 6 Bar Facing Burpees over Bar 6 Deadlifts @ weight 1
1 MINUTE BREAK		
1B	FROM 5:00-9:00 FOR REPS	AMRAP 4 minutes 6 Box Overs 6 Bar Facing Burpees over Bar 6 Deadlifts @ weight 2
1 MINUTE BREAK		
1C	FROM 10:00-14:00 FOR REPS	AMRAP 4 minutes 6 Box Overs 6 Bar Facing Burpees over Bar 6 Deadlifts @ weight 3
1 MINUTE BREAK		
1D	FROM 15:00-19:00 FOR LOAD	In 4 minutes 4 Deadlifts Score = kg + kg + kg + kg Does not need to be unbroken Only 4 reps can be made

	Teens	Youngsters	Iron	Bronze	Silver Masters 45+	Gold Masters 35+	Platinum	Diamond
Box	Step or Jump 50cm	Jump 50cm	Step 60/50cm	Step or Jump 60/50cm	Jump 60/50cm			
Weight 1	20/15kg	40/30kg	60/40kg	70/45kg	80/55kg	90/60kg	100/65kg	110/75kg
Weight 2	25/17,5	50/35	70/45	80/55	90/60	100/65	110/75	120/80
Weight 3	30/20	60/40	80/50	90/60	100/65	110/75	120/80	130/85

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BUDDY DIVISIONS		
1A	FROM 0:00-4:00 FOR REPS	AMRAP 4 minutes, alternating movements 10 Box Overs 10 Bar Facing Burpees over Bar 10 Deadlifts @ weight 1
1 MINUTE BREAK		
1B	FROM 5:00-9:00 FOR REPS	AMRAP 4 minutes, alternating movements 10 Box Overs 10 Bar Facing Burpees over Bar 10 Deadlifts @ weight 2
1 MINUTE BREAK		
1C	FROM 10:00-14:00 FOR REPS	AMRAP 4 minutes, alternating movements 10 Box Overs 10 Bar Facing Burpees over Bar 10 Deadlifts @ weight 3
1 MINUTE BREAK		
1D	FROM 15:00-19:00 FOR LOAD	In 4 minutes 8 Deadlifts (4 per person) Score = kg + kg + kg + kg + kg + kg + kg + kg Does not need to be unbroken Only 4 reps per person can be made Female weights need to be converted

	Blue	Red	Black
Box	Step 60/50cm	Jump 60/50cm	Jump 60/50cm
Weight 1	60/40kg	80/55kg	100/65kg
Weight 2	70/45	90/60	110/75
Weight 3	80/50	100/65	120/80

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EQUIPMENT INDIVIDUALS

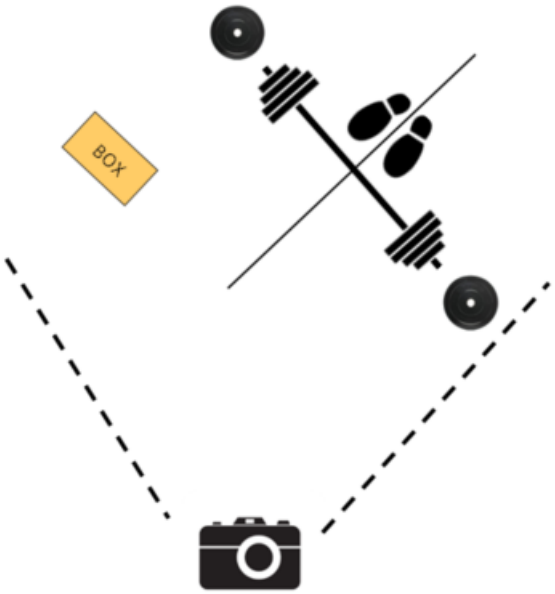
- 1 Barbell + collars (female use 15kg, male use 20kg, teens/youngsters may use 10kg)
- Bumperplates
- 1 Plyobox 60/50cm
- Tape (on the floor for the burpees)

EQUIPMENT BUDDY

- 2 Barbells + collars (female use 15kg, male use 20kg)
- Bumperplates
- 2 Plyoboxes 60/50cm
- Tape (on the floor for the burpees)

VIDEO STANDARDS

- Tape the floor for the bar facing burpees
- Set up your equipment in a way that allows us to see the movement standards clearly
- 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.
- The video must be uncut and unedited. Fisheye lenses are not allowed.
- An ascending clock (0 -> 20) or interval timer (4 on, 1 off) 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.
- After the workout, show the weight on the bar to confirm your score (!!).



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WORKOUT FLOW INDIVIDUALS

PART A - 0:00-4:00
The workout starts with the athlete standing tall behind the box. On the count of 3-2-1 GO the athlete may jump/step on the box and start with 6 Box Jump/Step Overs, to be continued with 6 Bar Facing Burpee over Bar, followed by 6 Deadlifts. The athlete makes as many rounds and reps as possible within the 4 minutes.

Score 1A is the total reps made within these 4 minutes.

- - - 4:00-5:00 BREAK - - -
The athlete loads the barbell to the second assigned weight. Others can assist in loading but only 1 barbell may be used. Collars need to be on the outside of all plates for the weight to count.

PART B - 5:00-9:00
When the clock hits 5:00, the athlete starts again with the Box Jump/Step Overs, followed by Bar Facing Burpees and Deadlifts with the 2nd weight. The athlete makes as many rounds and reps as possible within the 4 minutes.

Score 1B is the total reps made within these 4 minutes.

- - - 9:00-10:00 BREAK - - -
The athlete loads the barbell to the third assigned weight. Others can assist in loading but only 1 barbell may be used. Collars need to be on the outside of all plates for the weight to count.

PART C - 10:00-14:00
When the clock hits 10:00, the athlete starts again with the Box Jump/Step Overs, followed by Bar Facing Burpees and Deadlifts with the 3rd weight. The athlete makes as many rounds and reps as possible within the 4 minutes.

Score 1C is the total reps made within these 4 minutes.

- - - 14:00-15:00 BREAK - - -
The athlete loads the barbell to the their starting weight for 1D. Others may assist in loading. Collars need to be on the outside of all plates for the weight to count.

PART D – 15:00-19:00
When the clock hits 15:00, the athlete may touch the barbell and perform a deadlift. The athlete has to do 4 deadlifts in the 4 minute time frame. The athlete cannot do more than 4 repetitions / attempts. Repetitions may be done as singles or touch and go. The weight may go up and down. The lift must be completed before the 19 minute mark. Make sure to show the end weight of your deadlift before stopping the video!

The workout stops when the clock hits 19:00 or when the athlete has done 4 attempts.

The score of Event 1D is the sum of total lifted weight in KG, rounded down.

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.

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WORKOUT FLOW BUDDY

PART A - 0:00-4:00

The workout starts with athlete 1 (A1) standing tall behind the box. On the count of 3-2-1 GO A1 may jump/step on the box and start with 10 Box Jump/Step Overs. After the 10th rep, A1 tags athlete 2 (A2). Then, A2 performs 10 Bar Facing Burpee over Bar. After the 10th rep, A2 tags A1. Then, A1 performs 10 deadlifts. The team continues like this until the clock hits 4:00.

Score 1A is the total reps made within these 4 minutes.

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

The athletes load the barbells to the second assigned weight. Others can assist in loading but only 2 barbells may be used. Collars need to be on the outside of all plates for the weight to count.

PART B - 5:00-9:00

When the clock hits 5:00, A1 starts with the Box Jump/Step Overs, then A2 performs the Bar Facing Burpees over bar etc, exactly the same as part 1A.

Score 1B is the total reps made within these 4 minutes.

- - - 9:00-10:00 BREAK - - -

The athletes load the barbells to the third assigned weight. Others may assist in loading. Collars need to be on the outside of all plates for the weight to count.

PART C - 10:00-14:00

When the clock hits 10:00, A1 starts with the Box Jump/Step Overs, then A2 performs the Bar Facing Burpees over bar etc, exactly the same as part 1A.

Score 1C is the total reps made within these 4 minutes.

- - - 14:00-15:00 BREAK - - -

The athletes load the barbells to the their starting weight for 1D. Others may assist in loading. Collars need to be on the outside of all plates for the weight to count.

PART D – 15:00-19:00

When the clock hits 15:00, A1 may touch the barbell and perform a deadlift. Both athletes have to do 4 deadlifts in the 4 minute time frame. Athletes cannot lift at the same time. Each athlete cannot do more than 4 repetitions / attempts. Repetitions may be done as singles or touch and go. The weight may go up and down. The lift must be completed before the 19 minute mark. Make sure to show the end weight of your deadlift before stopping the video!

The workout stops when the clock hits 19:00 or when the athletes both have done 4 attempts.

The score of Event 1D is the sum of total lifted weight in KG, rounded down. Female weights have to be converted (see Scoring).

Side note: The team can decide which athlete starts with each part. The starting athlete can be different for each part, as long as the athletes alternate movements.

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.

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SCORING & LOGGING

SOLO

Event 1A Solo	The total number of reps completed in these 4 minutes
Event 1B Solo	The total number of reps completed in these 4 minutes
Event 1C Solo	The total number of reps completed in these 4 minutes
Event 1D Solo	The total weight including the bar in KG, rounded down to 0 decimals. 62,5 will be 62kg

BUDDY

Event 1A Buddy	The total number of reps completed in these 4 minutes
Event 1B Buddy	The total number of reps completed in these 4 minutes
Event 1C Buddy	The total number of reps completed in these 4 minutes
Event 1D Buddy	Male/Male teams: the sum of all 8 lifts combined. Male/Female teams: sum all lifts per person. Then multiply the weight lifted by the female by 1.5. Then sum both lifts. Female/Female teams: sum all lifts. Then multiply by 1.5. Rounded down to 0 decimals. 62,5 will be 62kg Examples: M/M team: 100+100+100+110+90+100+102,5+0 = 702,5 rounded down = 702kg M/F team: 90+100+100+110kg (M) + 50+60+70+70kg (F) 90+100+100+110 = 400kg (M) 50+60+70+70 = 250kg (F) → 250 x 1,5 = 375kg. 400kg(M) + 375kg (F) = 775kg F/F team: 60+62,5+65+65kg (F1) + 50+60+70+70kg (F2) 60+62,5+65+65 = 252,5kg (F1) ➔ 252,5 x 1,5 = 378,75 50+60+70+70 = 250kg (F2) → 250 x 1,5 = 375kg 378,75kg (F1) + 375kg (F2) = 753,75kg → rounded down = 753kg.

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PREPARATION

Before the workout, make sure to tape a straight line perpendicular to the barbell.

MOVEMENT STANDARDS

GENERAL RULES

- Grips may not be used for this workout.
- Blocks or a droppads are 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 do not count for weight on the barbell.
- 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

BARBELL DEADLIFT




The movement starts with the barbell touching the floor with both bumper plates at the same time. The athlete stands behind the bar and picks the bar up with both hands outside the legs (no sumo deadlifts). The athlete lifts the weight up until hips and knees are fully extended and the shoulders are behind the barbell. This is one repetition. Touch and go reps are allowed, bouncing (slamming the bar into the floor to use the bounce) is not allowed. If a bar with smaller plates are used, the barbell must start below the knee.

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 hand hands must be straddling 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.

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BOX STEP OVERS (IRON, BLUE)

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 OVERS (OTHER DIVISIONS)

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, except for the Lower 1 division. There is no need for extension at top.

BOX JUMP OR STEP OVER (TEENS, BRONZE)

Teens and Bronze may choose to do step or jump overs, or a combination of both.

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THE NATIONALS

Season 10 - Event 1
Deadline: Nov 15th 8PM

INDIVIDUALS		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
A	6 Box Overs	6	24	42	60	78	96
FROM 0:00-4:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 1	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
B	6 Box Overs	6	24	42	60	78	96
FROM 5:00-9:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 2	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
C	6 Box Overs	6	24	42	60	78	96
FROM 10:00-14:00	6 Bar Facing Burpees	12	30	48	66	84	102
FOR REPS	6 Deadlifts @ weight 3	18	36	54	72	90	108
REST 1 MINUTE, ADD WEIGHT							
D		DL 1	DL 2	DL 3	DL 4	SUM:	
FROM 15:00-19:00 FOR WEIGHT	4 Deadlifts						

	Teens	Youngsters	Iron	Bronze	Silver Masters 45+	Gold Masters 35+	Platinum	Diamond
Box	Step or Jump 50cm	Jump 50cm	Step 60/50cm	Step or Jump 60/50cm	Jump 60/50cm			
Weight 1	20/15kg	40/30kg	60/40kg	70/45kg	80/55kg	90/60kg	100/65kg	110/75kg
Weight 2	25/17,5	50/35	70/45	80/55	90/60	100/65	110/75	120/80
Weight 3	30/20	60/40	80/50	90/60	100/65	110/75	120/80	130/85

NAME ATHLETE: _____ DIVISION: _____

BOX: _____ NAME JUDGE: _____

SIGNATURE ATHLETE: _____ SIGNATURE JUDGE: _____

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THE NATIONALS

Season 10 - Event 1
Deadline: Nov 15th 8PM

BUDDY		Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
A	10 Box Overs	10	40	70	100	130	160
FROM 0:00-4:00	10 Bar Facing Burpees	20	50	80	110	140	170
FOR REPS	10 Deadlifts @ weight 1	30	60	90	120	150	180
REST 1 MINUTE, ADD WEIGHT							
B	10 Box Overs	10	40	70	100	130	160
FROM 5:00-9:00	10 Bar Facing Burpees	20	50	80	110	140	170
FOR REPS	10 Deadlifts @ weight 2	30	60	90	120	150	180
REST 1 MINUTE, ADD WEIGHT							
C	10 Box Overs	10	40	70	100	130	160
FROM 10:00-14:00	10 Bar Facing Burpees	20	50	80	110	140	170
FOR REPS	10 Deadlifts @ weight 3	30	60	90	120	150	180
REST 1 MINUTE, ADD WEIGHT							
D		DL 1	DL 2	DL 3	DL 4	SUM:	
FROM 15:00-19:00	4 Deadlifts Athlete A						
FOR WEIGHT	4 Deadlifts Athlete B						

	Blue	Red	Black
Box	Step 60/50cm	Jump 60/50cm	Jump 60/50cm
Weight 1	60/40kg	80/55kg	100/65kg
Weight 2	70/45	90/60	110/75
Weight 3	80/50	100/65	120/80

NAME TEAM: _____ DIVISION: _____

BOX: _____ NAME JUDGE: _____

SIGNATURE ATHLETE: _____ SIGNATURE JUDGE: _____

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