

EVENT 2A



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Complete as many rounds and reps as possible in 3 minutes of:

- 9 Medball Sit-ups 9/6KG
- 6 Hand Released Burpee Medball to Overhead
- 30 Single / Double Unders

Event 2A and 2B don't have to be performed on the same day.

In case of a tie, 2B is decisive for the prizes.

Rest 1 minute and repeat for a total of FOUR sets. Pick up where you left off.

Check the scorecard of your division for the correct movements for your division.

The score is the total number of reps completed in the whole workout. There is no tiebreak time.

EQUIPMENT

- 1 Medball 9/6kg
- 1 Jump Rope
- 1 Abmat (optional)

DESCRIPTION

The workout starts with the athlete standing straight (hips and knees locked) with the medball on the floor. The athlete is not allowed to touch any equipment yet. On the count of 3-2-1-GO the athlete may start the workout and touch the medball. The athlete then performs as many rounds as possible in 3 minutes of the medball sit-ups, hand released burpee medball to overhead and single or double unders (depending on their division). After the 3 minutes, there is 1 minute of mandatory rest (From 3:00 till 4:00). When the clock hits 4:00 the athlete continues to work on the AMRAP where he/she ended before the rest. Make sure that the athlete always starts standing straight with extended hips and knees, not touching any equipment. The athlete continues to work from 4:00 till 7:00. Then there is another minute of rest from 7:00 till 8:00. The AMRAP continues from 8:00 till 11:00 and 12:00 till 15:00. Do not use an interval timer, but an ascending clock of 15 minutes.

If an athlete is unable to perform a certain movement, there is no option to perform another movement or scaling. Only RX reps will count. The workout is finished when the clock hits 15:00. The score for this workout is the total number of reps completed in the whole workout.

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, the repetition will be no-repped.

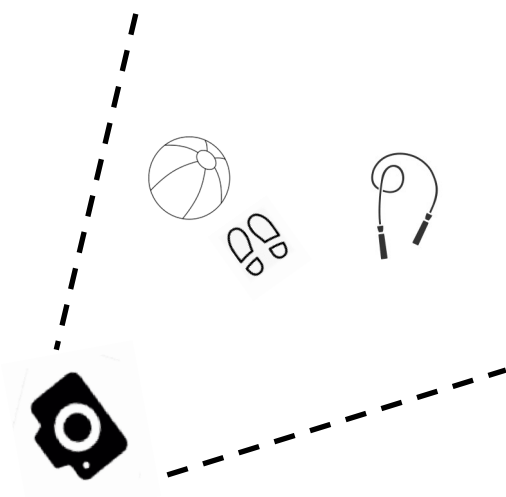
VIDEOSTANDARDS

Start the video with stating your full name and box. Then film the weight of the medball.

The video must be uncut and unedited. Fisheye lenses are not allowed. An ascending clock (0 -> 15) 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. Use the setup stated in the picture on the left.



EVENT 2A



MOVEMENT STANDARDS

GENERAL RULES

- Make sure to show control in the end of every movement. Fast is good, but too fast can cost you a no-rep.
- Make sure that at the beginning of each part, the athlete always starts standing straight with extended hips and knees, not touching any equipment
- In doubt about a standard? Contact us at info@thenationals.nl

MEDBALL SIT UP

- Only an abmat may be used for the sit-ups. This is not mandatory. No other objects may be used to anchor the abmat or feet.
- Starts with the athlete seated with the medball touching the floor in front of the feet.
- The athlete will lie back on the floor, with the back in contact with the floor. Feet are touching each other. The medball touches the floor above the head of the athlete.
- Athlete raises their torso so their chest is upright and the medball touches the floor in front of the feet. Feet are touching each other.

HAND RELEASED BURPEE MEDBALL TO OVERHEAD

- Athlete starts standing tall with hips and knees fully extended and shoulders in line with hips and feet.
- Athlete lies down on the floor with hips and chest touching the floor.
- Athlete lifts both hands off the floor at the same time.
- Athlete steps or jumps back on his/her feet, then grabs the medball from the floor.
- Athlete brings the medball overhead until the medball is straight above the head of the athlete, and elbows are completely locked out. There is one straight line from medball to shoulders, hips and feet.

SINGLE UNDER

- The rope passes under the feet once for each jump.
- The rope must spin forward
- Only successful jumps are counted, not attempts
- When the athlete stands on the rope, that rep will not count.

DOUBLE UNDER

- The rope passes under the feet twice for each jump.
- The rope must spin forward
- Only successful jumps are counted, not attempts
- When the athlete stands on the rope, that rep will not count.

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The score for this workout is the total number of reps completed. Enter your score in The Nationals App.

	9 Medball Sit-ups	6 Hand Released Burpee Medball to Overhead	30 Single Unders	Total reps
Round 1				45
Round 2				90
Round 3				135
Round 4				180
Round 5				225
Round 6				270
Round 7				315
Round 8				360
Round 9				405
Round 10				450
Round 11				495
Round 12				540
Round 13				585
Round 14				630
Round 15				675
Round 16				720
Round 17				765
Round 18				810
Round 19				855
Round 20				900
Round 21				945
Round 22				990
Round 23				1035
Total reps				

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



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