

EVENT 2B



EVENT 2B

Complete as many reps as possible in 7 minutes of:

- 1 Single Dumbbell Hang Power Clean/Snatch Left Arm
- 2 Single Dumbbell Front Rack / Overhead Lunges Left Arm
- 1 Single Dumbbell Thruster Left Arm
- 1 Single Dumbbell Hang Power Clean/Snatch Right Arm
- 2 Single Dumbbell Front Rack / Overhead Lunges Right Arm
- 1 Single Dumbbell Thruster Right Arm

- 2 Single Dumbbell Hang Power Cleans/Snatches Left Arm
- 4 Single Dumbbell Front Rack / Overhead Lunges Left Arm
- 2 Single Dumbbell Thrusters Left Arm
- 2 Single Dumbbell Hang Power Cleans/Snatches Right Arm
- 4 Single Dumbbell Front Rack / Overhead Lunges Right Arm
- 2 Single Dumbbell Thrusters Right Arm

Etc following the pattern of adding 1 rep to the hang power clean/snatch/thruster and 2 reps to the lunges.

Check the scorecard of your division for the exact weights and correct movements.

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

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.

EQUIPMENT

- 1 Dumbbell

DESCRIPTION

The workout starts with the athlete standing tall with extended knees and hips, behind the dumbbell. The athlete is not allowed to touch the dumbbell yet. On the count of 3-2-1-GO the athlete may start the workout and touch the dumbbell. The athlete starts with the left arm, and performs 1 hang power clean/snatch, 2 front rack/overhead lunges and 1 thruster. Then the athlete switches hands and performs the same with the right arm. Then the athlete switches hands and performs 2 hang power cleans/snatches, 4 lunges and 2 thrusters with left arm, followed by the right arm. The athlete continues this pattern for 7 minutes.

The score for this workout is the total number of repetitions completed within the 7 minute AMRAP.

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

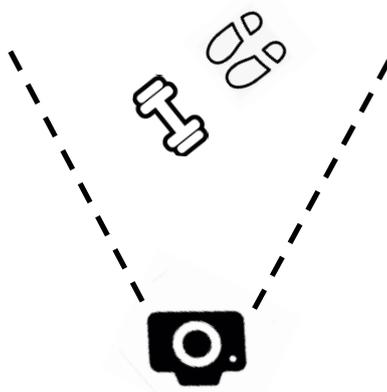
Start the video with stating your full name and box. Then film the weight of the dumbbell used.

The video must be uncut and unedited. Fisheye lenses are not allowed.

An ascending clock (0 -> 7) 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 2B



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.
- The dumbbell need to be moved from the floor at the start and when the athlete drops the dumbbell. No other objects may be used to put the dumbbell on.
- Dropping the dumbbell from above the knee is not allowed and will result in a no-rep.
- In doubt about a standard? Contact us at info@thenationals.nl

SINGLE DUMBBELL HANG POWER CLEAN (Teens, Iron, Bronze and Silver)

- When the dumbbell is on the floor (like in the start of the workout or after putting the dumbbell down), the athlete first needs to make a deadlift with locked out knees/hips/elbows. A Power Clean from the floor will result in a no-rep.
- The athlete brings the dumbbell to the hang position, where one head of the dumbbell is clearly behind the knees. The hang position can be with the dumbbell at the side or between the legs, as long as the elbow is completely locked and the dumbbell is not resting on any body part.
- From the hang position, the athlete may perform a muscle clean or power clean, as long as the dumbbell comes up and one head is clearly on top of the shoulder. The hips and knees must be fully locked out.
- When switching hands, the switch can happen anywhere on the way down.
- The non-lifting hand and arm may not be in contact with the body during the whole movement.

SINGLE DUMBBELL FRONT RACK LUNGES (Teens, Iron, Bronze and Silver)

- The movement starts with the athlete standing tall, feet under the hips, hips and knees fully extended. The dumbbell is on top of the shoulder with one head in front of the shoulder and one head behind the shoulder. One hand needs to touch the dumbbell at all times.
- Athlete steps forward or backwards until the knee touches the floor. Hands can't be on the legs.
- Ends with the athlete stepping back to the starting position. Feet under the hips, hips and knees fully extended. The shoulders are in a vertical line with hips and feet.
- Reps need to be alternating legs.

SINGLE DUMBBELL THRUSTER

- The movement starts with the athlete standing tall, feet under the hips, hips and knees fully extended. The dumbbell is held on the shoulder with at least one head of the dumbbell clearly touching the top of the shoulder.
- Athlete squats down with the dumbbell on the shoulder until the hip crease is clearly below the knee and the squat is below parallel.
- The athlete stands back up and presses the dumbbell overhead in one fluent motion. Diving under the dumbbell (aka ThrusterJerk) or any jerking movement is not allowed.
- In the end position, hips and knees are fully extended. The dumbbell is held overhead straight above the body with elbow fully locked.
- The non working hand may not be in contact with the body or dumbbell during the whole movement.

EVENT 2B



SINGLE DUMBBELL HANG POWER SNATCH (Gold and Platinum)

- When the dumbbell is on the floor (like in the start of the workout or after putting the dumbbell down), the athlete first needs to make a deadlift with locked out knees/hips/elbows. A Power Snatch from the floor will result in a no-rep.
- The athlete brings the dumbbell to the hang position, where one head of the dumbbell is clearly behind the knees. The hang position can be with the dumbbell at the side or between the legs, as long as the elbow is completely locked and the dumbbell is not resting on any body part.
- From the hang position, the athlete moves the dumbbell in one fluent motion to an overhead position in which the dumbbell is clearly over the middle of the athlete's body. The arms, hips and knees must be fully locked out. The non-lifting hand is not in contact with the body at all times. The athlete may choose to do a split style snatch, but both feet must return under the athlete's body with dumbbell locked out overhead before the rep counts. A pause during the movement (hang clean and jerk) is not allowed.
- When switching hands, the switch can happen anywhere on the way down.
- The non-lifting hand and arm may not be in contact with the body during the whole movement.

SINGLE DUMBBELL OVERHEAD LUNGES (Gold and Platinum)

- The movement starts with the athlete standing tall, feet under the hips, hips and knees fully extended. The dumbbell is held overhead, straight above the body of the athlete.
- Athlete steps forward or backwards until the knee touches the floor. Hands can't be on the legs. The dumbbell is still being held overhead, straight above the body of the athlete, not touching the head or any other body part than the hand which is holding the dumbbell.
- Ends with the athlete stepping back to the starting position. Feet under the hips, hips and knees fully extended. The shoulders are in a vertical line with hips and feet. The dumbbell is held overhead, straight above the body of the athlete.
- Reps need to be alternating legs.



EVENT 2B



Complete as many reps as possible in 7 minutes of:

- 1 Single Dumbbell Hang Power Clean Left Arm
- 2 Single Dumbbell Front Rack Lunges Left Arm
- 1 Single Dumbbell Thruster Left Arm
- 1 Single Dumbbell Hang Power Clean Right Arm
- 2 Single Dumbbell Front Rack Lunges Right Arm
- 1 Single Dumbbell Thruster Right Arm
- 2 Single Dumbbell Hang Power Cleans Left Arm
- 4 Single Dumbbell Front Rack Lunges Left Arm
- 2 Single Dumbbell Thrusters Left Arm
- 2 Single Dumbbell Hang Power Cleans Right Arm
- 4 Single Dumbbell Front Rack Lunges Right Arm
- 2 Single Dumbbell Thrusters Right Arm

Etc following the pattern of adding 1 rep to the hang power cleans/thruster and 2 reps to the lunges.

Weights

- Teen, Iron & Bronze females: 10kg
- Teen, Iron & Bronze males: 15kg
- Silver females: 15kg
- Silver males: 22,5kg

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

	Hang Power Cleans	FR Lunges	Thrusters	Total reps
Round 1	1	2	1	4
	1	2	1	8
Round 2	2	4	2	16
	2	4	2	24
Round 3	3	6	3	36
	3	6	3	48
Round 4	4	8	4	64
	4	8	4	80
Round 5	5	10	5	100
	5	10	5	120
Round 6	6	12	6	144
	6	12	6	168
Round 7	7	14	7	196
	7	14	7	224
Round 8	8	16	8	256
	8	16	8	288
Round 9	9	18	9	324
	9	18	9	360
Round 10	10	20	10	400
	10	20	10	440
Round 11	11	22	11	484
	11	22	11	528
Total reps				

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



EVENT 2B



Complete as many reps as possible in 7 minutes of:

- 1 Single Dumbbell Hang Power Snatch Left Arm
- 2 Single Dumbbell Overhead Lunges Left Arm
- 1 Single Dumbbell Thruster Left Arm
- 1 Single Dumbbell Hang Power Snatch Right Arm
- 2 Single Dumbbell Overhead Lunges Right Arm
- 1 Single Dumbbell Thruster Right Arm
- 2 Single Dumbbell Hang Power Snatches Left Arm
- 4 Single Dumbbell Overhead Lunges Left Arm
- 2 Single Dumbbell Thrusters Left Arm
- 2 Single Dumbbell Hang Power Snatches Right Arm
- 4 Single Dumbbell Overhead Lunges Right Arm
- 2 Single Dumbbell Thrusters Right Arm

Etc following the pattern of adding 1 rep to the hang power snatches/thruster and 2 reps to the lunges.

Weights

Females: 15kg
Males: 22,5kg

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

	Hang Power Snatches	OH Lunges	Thrusters	Total reps
Round 1	1	2	1	4
	1	2	1	8
Round 2	2	4	2	16
	2	4	2	24
Round 3	3	6	3	36
	3	6	3	48
Round 4	4	8	4	64
	4	8	4	80
Round 5	5	10	5	100
	5	10	5	120
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Round 11	11	22	11	484
	11	22	11	528
Total reps				

NAME ATHLETE: _____

BOX: _____

NAME JUDGE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____

