

# EVENT 3B



Teens	Iron	Bronze	Silver	Gold & Platinum
AMRAP 12 min 2 Wall Walks 10 Leg Raises 9/6 Cal Row	AMRAP 12 min 1 Wall Walk 10 Leg Raises 12/9 Cal Row	AMRAP 12 min 2 Wall Walks 10 Alternating Single Leg Toes to Bar 12/9 Cal Row	AMRAP 12 min 5 Handstand Push-ups Abmat 10 Toes to Bar 12/9 Cal Row	AMRAP 12 min 5 Handstand Push-ups Rx 10 Toes to Bar 12/9 Cal Row

## EQUIPMENT

- Wall
- Rig
- Rower

Event 3A and 3B don't have to be performed on the same day.

In case of a tie, 3B is decisive for the prizes.

## DESCRIPTION

The workout starts with the athlete standing straight (hips and knees locked). 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 put the hands on the floor for the wall walks / handstand push-ups. The athlete then performs the designated number of reps for the wall walks / handstand push-ups. Then the athlete performs 10 Toes to bar variations (depending on their division). Then the athlete completes 12/9 cal row (9/6 for Teens). The athlete performs as many rounds of this as possible in 12 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 12:00. 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.

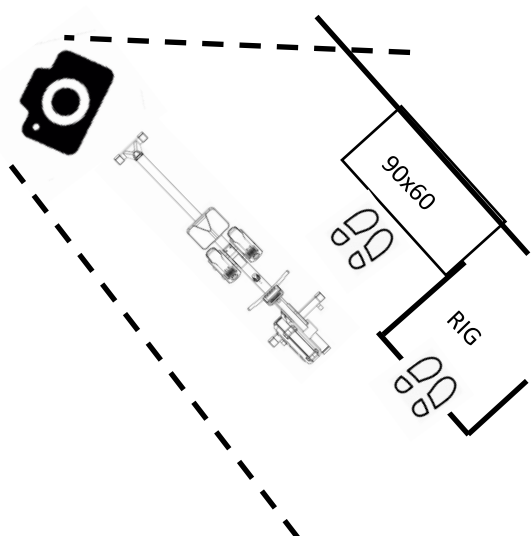
## VIDEOSTANDARDS

Start the video with stating your full name and box. Then film the setup of the wall walk / handstand pushup. Make sure that the monitor of the rower is clearly visible during the whole workout.

The video must be uncut and unedited. Fisheye lenses are not allowed.  
An ascending clock (0 -> 12) 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 a setup similar to the picture on the left.



# EVENT 3B



## 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.
- In doubt about a standard? Contact us at [info@thenationals.nl](mailto:info@thenationals.nl)

### WALL WALK MEASUREMENT

Start with the athlete standing tall with his heels and back against the wall, hips and knees fully extended. A line needs to be drawn straight at the top of the athlete's head. Put tape over this line on the wall. On the video, show us clearly the measurement.

### WALL WALK

The movement starts with the athlete lying on the floor, hips and chest in contact with the floor, feet in contact with the wall, and hands off the floor (handreleased).

The athlete climbs up the wall until both feet are clearly above the taped line. Hands need to be on the floor, and no other body parts may touch the floor. This is one repetition.

The athlete may descent as he wants to.



### HANDSTAND PUSHUP

Before starting, tape a box of 90x60cm on the floor. Clearly show the height and width of the box in your video. During the whole movement, the hands and fingers need to stay within the box. If an abmat and plates are used, make sure the plates and abmat are at the same level.

Every repetition starts and ends with the athlete at the top of a handstand, with elbows fully locked out, heels in contact with the wall, hips open (not touching the wall) and the body in line with the arms.

At the bottom, the athlete's head makes contact with the ground/abmat. The feet do not need to remain in contact with the wall at this point. Strict and kipping are both allowed.

### HANDSTAND PUSHUP ABMAT

The same standards apply as for the regular Handstand Push-up, but instead of the floor to be levelled, an abmat must be used without plates next to it.

### TOES TO BAR

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 moves their feet until both feet are touching the pull-up bar at the same time, 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.

# EVENT 3B



## ALTERNATING SINGLE LEG TOES TO BAR

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 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.

## LEG 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 athlete swings his legs up in front of the body, until both feet are clearly above the hips. 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.

## ROW

The movement starts with the monitor showing 0 calories. The athlete keeps rowing until the screen shows the number of calories needed. The athlete must hold the handle, and keep their feet on the rower until the screen shows the assigned number of calories. Make sure to reset the monitor on each round. Someone else may assist in resetting the monitor.



# EVENT 3B



**Complete as many rounds and reps as possible in 12 minutes of**

- 2 Wall Walks
- 10 Leg Raises
- 9/6 Calories Row

**Boys row 9 calories**  
**Girls row 6 calories**

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

	2 wall walks	10 leg raises	9/6 cal row	Total reps BOYS	Total reps GIRLS
Round 1				21	18
Round 2				42	36
Round 3				63	54
Round 4				84	72
Round 5				105	90
Round 6				126	108
Round 7				147	126
Round 8				168	144
Round 9				189	162
Round 10				210	180
Round 11				231	198
Round 12				252	216
Round 13				273	234
Round 14				294	252
Round 15				315	270
Total reps					

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

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

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

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

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



# EVENT 3B



**Complete as many rounds and reps as possible in 12 minutes of**

- 1 Wall Walk
- 10 Leg Raises
- 12/9 Calories Row

**Male row 12 calories**

**Female row 9 calories**

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

	1 wall walk	10 leg raises	12/9 cal row	Total reps MALE	Total reps FEMALE
Round 1				23	20
Round 2				46	40
Round 3				69	60
Round 4				92	80
Round 5				115	100
Round 6				138	120
Round 7				161	140
Round 8				184	160
Round 9				207	180
Round 10				230	200
Round 11				253	220
Round 12				276	240
Round 13				299	260
Round 14				322	280
Round 15				345	300
Total reps					

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

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

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

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

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



# EVENT 3B



**Complete as many rounds and reps as possible in 12 minutes of**

- 2 Wall Walks
- 10 Alt. Single Leg T2B
- 12/9 Calories Row

**Male row 12 calories**

**Female row 9 calories**

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

	2 wall walks	10 Alt SL T2B	12/9 cal row	Total reps MALE	Total reps FEMALE
Round 1				24	21
Round 2				48	42
Round 3				72	63
Round 4				96	84
Round 5				120	105
Round 6				144	126
Round 7				168	147
Round 8				192	168
Round 9				216	189
Round 10				240	210
Round 11				264	231
Round 12				288	252
Round 13				312	273
Round 14				336	294
Round 15				360	315
Total reps					

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

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

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

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

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



# EVENT 3B



**Complete as many rounds and reps as possible in 12 minutes of**

- 5 HSPU Abmat
- 10 T2B
- 12/9 Calories Row

**Male row 12 calories**  
**Female row 9 calories**

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

	5 HSPU Abmat	10 Toes to Bar	12/9 cal row	Total reps MALE	Total reps FEMALE
Round 1				27	24
Round 2				54	48
Round 3				81	72
Round 4				108	96
Round 5				135	120
Round 6				162	144
Round 7				189	168
Round 8				216	192
Round 9				243	216
Round 10				270	240
Round 11				297	264
Round 12				324	288
Round 13				351	312
Round 14				378	336
Round 15				405	360
Total reps					

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

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

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

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

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





# EVENT 3B



Complete as many rounds and reps as possible in 12 minutes of

- 5 HSPU Rx
- 10 T2B
- 12/9 Calories Row

Male row 12 calories  
Female row 9 calories

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

	5 HSPU	10 Toes to Bar	12/9 cal row	Total reps MALE	Total reps FEMALE
Round 1				27	24
Round 2				54	48
Round 3				81	72
Round 4				108	96
Round 5				135	120
Round 6				162	144
Round 7				189	168
Round 8				216	192
Round 9				243	216
Round 10				270	240
Round 11				297	264
Round 12				324	288
Round 13				351	312
Round 14				378	336
Round 15				405	360
Total reps					

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

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

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

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

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

