

Workouts and standards

The Dutch Throwdown Qualifiers



23 nov – 9 dec 2018

Introduction

Hi there and welcome to the qualifiers of the Dutch Throwdown 2019. In this document we will announce the workouts, the standards and the flow of the workout. Please study these standards so you know what will be expected of you during the workout.

For readability of this document we use the words “he” and “his”. You may also read “she” and “her”.

Workouts

All athletes will be performing three workouts. There is a two minute mandatory rest between workout 1 and 2. Workout 3 must be done on the same day as workouts 1 and 2.

Division

This year there are many age categories. All ages from 21 until 59 will be performing the workouts according their division (scaled/advanced or Rx). The 60+, teens and kids will have different/other workouts/standards. Please read below.

Teens and 60+

60+

You will be performing the same workouts as the regular scaled athletes but with different weights. Please read carefully what you are supposed to do and if you have any questions please feel free to contact us.

Teens 17-20

You will be performing the exact same workouts as the regular scaled athletes with the same movements and the same weights.

Teens 13-16

You will be performing the workouts according your own standards. We strongly advice you for you and your coach to take a good look at your workout and work according the correct weights and reps. We also strongly recommend performing the workouts under supervision of your coach. If there are any questions please feel free to contact us. This is supposed to be the start of your journey, not the end so stay safe and have fun!

Kids

The kids will be performing two workouts. Obviously they're still kids so please let them play with the workout. A judge won't be necessary, supervision by a coach or parent is enough. We intend to get every kid to the finals, the qualifiers are just for fun!

Filming

Please make sure you film your workouts. We will randomly ask for videos after the deadline to confirm scores and check if all rules are being maintained.

Questions

If there are any questions after reading this document, please feel free to contact us via info@thedutchthrowdown.nl or via our Facebook chat message. Don't assume, just ask! We will gladly answer all your questions. You can also find more information on our website at the Q&A.



Workout 1

4 minute amrap of:

2-4-6-8-10-... etc of

American Kettlebell Swings

Box Step Overs

Category	Scaled and teens 17-20 (m/f)	Advanced (m/f)	Rx (m/f)	Teens 13-16 (m/f)	60+ (m/f)
Kettlebell swings	16/12kg	24/16kg	32/24kg	12/8kg	16/12kg
Box step overs	Bodyweight 60/50cm	24/16kg KB 60/50cm	32/24kg KB 60/50cm	Bodyweight 60/50cm	Bodyweight 60/50cm

2 minute mandatory rest and GO!

Workout 2

4 minute amrap of:

15 Wallball PushPress

12 Alt. lunge steps

x Pull ups (see below)

Category	Scaled and teens 17-20 (m/f)	Advanced (m/f)	Rx (m/f)	Teens 13-16 (m/f)	60+ (m/f)
Wallball PushPress	9/6kg 20/14lbs	9/6kg 20/14lbs	9/6kg 20/14lbs	6/4kg 14/10lbs	6/4kg 14/10lbs
Alt. Lunges	Bodyweight	With Medball	With medball	Bodyweight	Bodyweight
Pull ups	9 Jumping	7/5 regular reps	9 regular reps	9 Jumping	9 Jumping

Movement Standards workouts 1 and 2

Kettlebell Swing (American)

Start

The athlete will start his swings with the kettlebell behind the knees with his arms fully extended.

End

The kettlebell is in the overhead position above the center of the body. Knees, hips and arms are aligned and the ears are visible from the side. The arms don't have to be fully extended as long as the ears are visible.

Kettlebell Box Step over

Start

The athlete stands in front of the box with the kettlebell in front of the body holding it with two hands!

End

The athlete steps on and over the box making contact with both feet. The athlete doesn't have to extend on top of the box. The rep ends with both feet on the floor on the other side of the box. The athlete may jump from the box but must always step up. The athlete is allowed to step frontal and sideways.

Note

Athletes who perform the Box step overs without the kettlebell have to meet the same standards.

Wallball PushPress

This is just like a regular wallball shot but you don't have to make a full squat!

Start

The athlete must dip and drive with the legs while the medball is in front of the body below or at eye level and is thrown to hit the specified target. The "throw" must be a push-like movement just like a regular wallball shot.

End

The center of the ball must hit the target at or above the specified target height. If the ball hits too low or does not hit the wall, it is a "no rep." If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

(Medball) Alternating Lunges (on the spot or walking)

Start

Athlete stands straight up. The athlete makes a big lunge where the rear knee touches the floor.

End

The athlete steps back to starting position without moving his rear foot! The athlete stands straight up again with knee and hips fully extended and both feet next to each other. Athletes must alternate legs in the step!

The athlete is also allowed to make a walking lunge. The front leg must extend fully so there is a full extension in that knee and hips. It is not mandatory to place the rear foot next to the other foot in order to make the next step. For the last rep to count it is mandatory to stand straight up with both feet next to each other.

Note

The athletes who performs the weighted alternating lunge step will hold the medball in a bearhug position.

Pull ups

Start

This is a standard pull up. Strict, kipping or butterfly pull ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom with the feet of the ground.

End

At the top the chin must break the horizontal plane of the bar. A regular or supinated grip is allowed. Mixed grip is NOT allowed.

Jumping pull ups

Start

For the jumping pull ups, the correct height is when the athlete stands with two feet together and brings both arms overhead with the thumbs to each other. The wrists of the athlete must be in contact with the rig in this position. A box or plates can be used to adjust the height for the athlete. For a rep to count, the athlete must grasp the rig, fully extend the arms with both feet on the ground (or box or plates etc.) From here the athlete can jump and pull up.

End

At the top the chin must break the horizontal plane of the bar. Only the regular grip is allowed!

Flow of workout 1 and 2

For this workout you use a running clock or an interval timer (4 minutes work, 2 minutes rest)

The athlete stands ready and on the count of 3, 2, 1 GO he is allowed to pick up his kettlebell and starts the swings. When the amount of reps is reached the athlete advances to the box step overs. For a full 4 minutes the athlete continues performing these exercises with every round more reps according the ascending ladder. The score for this workout is the total amount of reps made in four minutes.

After four minutes the athlete has a 2 minute mandatory rest. When the clock hits six minutes, workout 2 starts.

The athlete can pick up the medball from 6:00 and start his Wallball PushPress. When these are finished the athlete will perform his 12 **alternating** lunge steps (each leg 6 reps). When the amount of reps are reached, the athlete will advance to the pull ups and perform them according their division. This round will be performed as many times as possible in 4 minutes. The score for this workout is the total amount of reps made in four minutes. Please take a good look at your division regarding the amount and kind of pull ups.

Workout 3

For Time (with a 10 minute time cap):

30 ground to overhead

With EMOM 4 burpees

Category	Scaled and teens 17-20 (m/f)	Advanced (m/f)	Rx (m/f)	Teens 13-16 (m/f)	60+ (m/f)
Ground to overhead	30/20kg	40/27,5kg	50/35kg	20/15kg	30/20kg
Burpees	4	4	4	4	4

*Scaled female, 60+ female and teens will be performing "Low hang to overhead"

Movement Standards

Ground to overhead

Start

The barbell starts from the floor and must be lifted overhead any style. A clean and jerk or snatch is allowed.

End

The athlete stands straight up with the knees, hips and arms fully extended with the barbell in the overhead position. The bar is over the center of the body and the athlete shows control over the bar. When an athlete performs a split jerk, both feet must be placed back under the body BEFORE lowering the bar.

Low hang to overhead

Start

The barbell starts from the low hang position BELOW THE KNEE and must be lifted overhead any style. A clean and jerk or snatch are allowed. Before making the first rep, a full deadlift has to be made.

End

The athlete stands straight up with the knees, hips and arms fully extended with the barbell in the overhead position. The bar is over the center of the body and the athlete shows control over the bar. When an athlete performs a split jerk, both feet must be placed back under the body BEFORE lowering the bar.

Burpees

Start

This is a standard burpee according the new Open Standards. The athlete stands straight up, jumps back with both feet at the same time and makes sure his thighs, hips and chest touch the floor.

End

The athlete stands back up using a two foot jump and then jumps up, touches his hands behind or above his head making sure the chest is upright and there is a full extension in hips and knees.

Flow of the workout

The athlete stands straight up near his barbell. On the count of 3, 2, 1 GO the athlete must start performing his first four burpees. After completing the burpees, the athlete must perform ground/low hang to overhead in the remaining time of the minute. Once the clock hits 1:00 the bar must be put down and the athlete again has to perform four burpees followed by ground/hang to overhead. This sequence

will be repeated until 30 ground/hang to overheads have been made. Every rep started in the “old” minute but finished in the “new” minute is a NO REP.

The score on this workout is the time it took to perform 30 ground/hang to overheads.



Kids workout 1

4 minute amrap of:

2-4-6-8-10-... etc of

Gorilla Lifts

Tarzan over the box

Category	All of the kids
Gorilla Lift	KB Deadlifts 12/8kg
Tarzan over the box	50cm box

Movement Standards workouts 1

Gorilla Lifts

This is a movement where the kids have to pick up the kettlebell like a strong silver back! The kids will deadlift the kettlebell and put it back down. As soon as the kettlebell has been put down, it's a rep!

Tarzan over the box

This is a movement where the kids will have to "klouter" over the box. "Klouteren" is a Dutch word for climbing! The kids must get on and over the box and get to the other side. Every time a kid gets on the other side, it's a rep! It is allowed to jump, step and climb over the box.

Kids Workout 2

4 minute amrap of:

15 squats

12 sit ups

9 burpees

Category	All of the kids
Air squats	-
Sit ups	Abmats are not mandatory but are allowed.
Burpees	-

Air squats

Start standing up. Now squat down like you're going to sit on the toilet. Make sure you squat as deep as you possibly can. When you stand back up and extend the knees and hips, it's a rep!

Sit ups

Sit down on the ground with your hands touching your feet. Lie down and touch the floor behind your head and sit back up. When you've touched your feet again with your hands, it's a rep!

Burpees

Start standing up. Now lay down on floor with your chest touching the floor. Get back up on both feet, make a little jump and clap your hands overhead. When you've done this, it's a rep!

Flow of the workout

Kids will do workout 1 and 2 exactly the same as the rest of all the Dutch Throwdown Qualifying athletes. So both workouts are 4 minute amraps with a mandatory 2 minute rest in between so your kid can join you during the qualifiers. Please remember working out should be fun and save for kids. There is no third workout.

