

Workouts and standards  
Athlete Dutch Qualifiers



Rx

Advanced

Scaled

70+

## **Introduction**

Hi there and welcome to the qualifiers of the Athlete Dutch 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.

## **Division**

This year there are different divisions and categories.

Rx	Advanced (70+)	Scaled (70+)
MM	MM	MM
MF	MF	MF
FF	FF	FF

## **Filming**

Please make sure you film your workouts. We will randomly ask for video's 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](mailto: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

For time with a 20 minute time cap:

<i>RX</i>	<i>Advanced</i>	<i>Scaled</i>
150 deadlifts	150 deadlifts	150 deadlifts
150 wallballs	150 wallballs	150 wallball pushpress
150 cal row	150 cal row	150 cal row

<b>Category</b>	<b>RX (M/F)</b>	<b>Advanced (M/F)</b>	<b>Scaled (M/F)</b>
<b>Deadlifts</b>	70/50kg	60/42,5kg	50/35kg
<b>Wallball</b>	9/6kg 20/14lbs	9/6kg 20/14lbs	9/6kg 20/14lbs

### Flow of the workout

Both athletes must perform the 150 reps of each movement together, not separately. So, if divided by two, both athletes will perform 75 reps of each movement.

Athletes can choose their own order of movements but you must finish one movement before you move on to the next. The workout is done when all 450 reps are completed or when the timecap has been passed.

**MM & FF** – You got one rower, one wallball and one barbell.

**MF** – You get one rower, two wallballs and two barbells. You must tap/high five each other when you switch working out on the wallball and the deadlift. On the rower this is not necessary.

**Your score is the time after finishing all 450 reps or the amount of reps after 20 minutes.**

*Some of you will finish it, some of you won't! Get a plan, prepare for the worst and grind hard!*

### Movement Standards

#### Deadlift

This is a standard deadlift. The barbell is on the floor with the athlete behind the bar. The athlete picks up the bar and stands straight up. The athlete holds the bar with the knees and hips extended and the shoulders behind the bar. Regular grip and mix grip are both allowed. Sumo is not allowed.

#### Wallball

##### **Start**

The athlete picks up the medball and must squat below parallel before throwing the ball to the specified target. The “throw” must be a push-like movement.

##### **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 target at all, 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.

### **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.

### **Concept 2 Row**

The athletes will row for calories. Make sure the monitor is filmed during the row. Athletes can adjust the damper setting as they like. Athletes are allowed to help each other on and off the rower.



## Workout 2

*8 minutes for max weight*

*Rx, Advanced & Scaled*

*Athlete A: 1 rep max clean (from 0-4 minutes)*

*Athlete B: 1 rep max jerk (from 4-8 minutes)*

<b>Category</b>	<b>Rx</b>	<b>Advanced</b>	<b>Scaled</b>
<b>Clean</b>	-	-	-
<b>Jerk</b>	<i>From the rig</i>	<i>From the rig</i>	<i>From the rig</i>

### Flow of the workout

The workout starts with athlete A performing the clean. After 3, 2, 1 GO athlete A has until 4:00 the time to perform a 1RM clean. When the clock hits 4:00 athlete B can start performing the jerk. The lifts must be finished within the time cap in order to count as a rep. Athlete B is allowed to use a rig for the lift but it's not mandatory. Jerk Blocks are NOT ALLOWED.

Both athletes may use their own bar and it is allowed to be loaded before the workout.

During the workout only athlete A and B are allowed to load the bar.

When the athlete drops the bar, he and his buddy are responsible for getting the bar back in the rig.

After the workout, make sure you film the bar and the plates which have been used.

**The score on this workout is the total weight of the heaviest successful attempt of both athletes.**

*Great lifts are save lifts! Go heavy but make sure you get home 😊*

### Movement Standards

#### Clean

This can be a power clean or a squat clean.

The bar is in front of the athlete. The athlete picks up the bar and brings it to the front rack position in one smooth movement. The elbows are in front of the bar and the knees and hips are fully extended before the bar leaves the front rack position. Dropping the bar to soon results in a no rep.

#### Jerk

This can be a push jerk or a split jerk. The bar can be lifted from the rig. The bar is in the front rack position. The athlete dips and drives the bar and will catch the bar in the overhead position. The bar is overhead, the feet are underneath the body and knees, hips and arms are fully extended. The athlete shows control of the bar. Not placing the feet back underneath the body after a split jerk will result in a no rep. Not showing control over the bar and dropping it will result in a no rep.

## Workout 3

10 minute EMOM alternating minutes for reps.

Athlete A performs minute 1, 3, 5, 7 & 9

Athlete B performs minute 2, 4, 6, 8 & 10

RX			Advanced			Scaled		
10 minute EMOM			10 minute EMOM			10 minute EMOM		
Athlete A odd minute, Athlete B even minute			Athlete A odd minute, Athlete B even minute			Athlete A odd minute, Athlete B even minute		
Minute	buy in	amrap	Minute	buy in	amrap	Minute	buy in	amrap
1	33 double unders	max rep c2b	1	21 double unders	max rep pull ups	1	39 single unders	max rep jumping pull ups
2	8 burpees	max rep c2b	2	8 burpees	max rep pull ups	2	8 burpees	max rep jumping pull ups
3	39 double unders	max rep c2b	3	27 double unders	max rep pull ups	3	45 single unders	max rep jumping pull ups
4	9 burpees	max rep c2b	4	9 burpees	max rep pull ups	4	9 burpees	max rep jumping pull ups
5	45 double unders	max rep c2b	5	33 double unders	max rep pull ups	5	51 single unders	max rep jumping pull ups
6	10 burpees	max rep c2b	6	10 burpees	max rep pull ups	6	10 burpees	max rep jumping pull ups
7	51 double unders	max rep c2b	7	39 double unders	max rep pull ups	7	57 single unders	max rep jumping pull ups
8	11 burpees	max rep c2b	8	11 burpees	max rep pull ups	8	11 burpees	max rep jumping pull ups
9	57 double unders	max rep c2b	9	45 double unders	max rep pull ups	9	63 single unders	max rep jumping pull ups
10	12 burpees	max rep c2b	10	12 burpees	max rep pull ups	10	12 burpees	max rep jumping pull ups

## Flow of the workout

This workout is a 10 minute EMOM. On the count of 3, 2, 1 GO athlete A may start his buy in of double unders or single unders according division. When he finishes the rope jumps, the athlete may advance to the rig and perform in the remaining time of the minute (until 1:00) his version of pull ups for as many reps as possible. When the clock hits 1:00 athlete B can start his buy in of burpees and after the burpees he may proceed to the rig as well to perform as many reps as possible of pull ups. This sequence will be continued for a full 10 minutes where every minute the buy in will increase in reps.

**The score on is this workout is EVERY REP MADE (buy in + amrap).**

*In the Netherlands we say: "Haastige spoed is zelden goed" which means it's not beneficial to rush things! Sloppy reps can harm your qualifier so make sure you uphold the standards and don't push the boundaries.*

## Movement Standards

### Single Under

This is the standard single-under in which the rope passes under the feet once for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts. Tripping on the rope will result in a no rep

### **Double Under**

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts. Tripping on the rope will result in a no rep

### **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.

### **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!

### **Pull Up**

The athlete starts from a deadhang on the bar with full extension in the arms. With every rep, the chin must be above the bar. Strict, kipping and butterfly pull ups are allowed as well is every type of grip as long as the requirements above are met.

### **Chest to Bar Pull Up**

The athlete starts from a deadhang on the bar with full extension in the arms. With every rep, the sternum must touch the bar below the collarbone. Strict, kipping and butterfly pull ups are allowed as well is every type of grip as long as the requirements above are met.