

BATTLE OF THE NORTH



QUALIFIER WORKOUT 20.1

In an 8 min window

WORKOUT 1A

Find 1RM in the complex of:
3 Touch and Go Power Cleans
3 Front Squats
3 Shoulder to Overhead

WORKOUT 1B

AMRAP in remaining time of:

4-8-12-16... reps of
Wall Balls 9/6kg
Alternating Dumbbell Snatch 22,5/15kg
Pull-ups

WORKOUT 1A

1RM Complex	KG
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WORKOUT 1B

	Wall Balls	Alt DB Snatch	Pull-ups
4	4	8	12
8	20	28	36
12	48	60	72
16	88	104	120
20	140	160	180
24	204	228	252
28	280	308	336
32	368	400	432
Total number of reps completed			

NAME ATHLETE: _____

NAME JUDGE: _____

AFFILIATE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



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Workout 1 needs to be done before Workout 2, and on the same day as Workout 2. Combining scores of different days isn't allowed.

Workout Standards

The workout starts with the athlete standing tall behind the loaded barbell. On the count of 3..2...1.. GO the athlete can start with his/her 1RM Complex attempts. The athlete can do as many attempts as he/she likes within the 8 minutes. When the athlete is done with his/her complex attempts, Workout 1B starts. This is a ladder in remaining time of wall balls, alternating dumbbell snatches and pullups. When the athlete has decided to go into Workout 1B, he/she can not go back to the complex. The workout ends when the clock hits 8:00.

Score

The score of Workout 1A is the heaviest successful lifted weight of the complex that's on the bar. The score of Workout 1B is the total number of reps completed within the remaining time. The barbell complex is not counting as a rep for 1B.

Movement standards

Touch and Go Power Clean

The movement starts with both bumper plates in contact with the floor. The athlete power cleans the weight to the front of the shoulder, and stays with the hip crease above parallel (no squatting allowed). On top, the athlete is standing tall with both feet under the hips, and knees en hips fully extended, and elbows in front of the barbell.

For the next rep, the barbell must be lifted 'touch and go' as it is not permitted to let the barbell rest on the floor. Resting on the shoulders or in the hip crease is allowed.

Front Squat

The movement starts with the athlete standing tall, the barbell in front racked position, and hips and knees fully extended.

The athletes squats until the hip crease is below the knee, breaking parallel. After that, the athlete goes back to full extension of knees en hips.

Shoulder to Overhead

The movement starts with the athlete standing tall, the barbell in front racked position, and hips and knees fully extended. The athlete brings the barbell to overhead position. This can be done with a strict press, push press, push jerk or split jerk as long as all standards are met. In the end position, the barbell is straight above the head of the athlete, feet under the hips of the athlete, and knees, hips and elbows are fully extended. The athlete shows control.

If the athlete fails a Shoulder to Overhead, but catches the bar back on the shoulder, the athlete is allowed to make another attempt.



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Wall Ball

Female will use a 14lb or 6kg wall ball and throw to a 9 foot target.

Male will use a 20lb or 9kg wall ball and throw to a 10 foot target.

In the start of the Wall Ball, the medicine ball must be in the support position in front of the body. The athlete squats until the hip crease is below the knee. The athlete throws the ball to the target. The rep is credited when the center of the ball hits the target at or above the specified height.

Alternating Dumbbell Snatch

The movement starts with the dumbbell with at least one head in contact with the floor, and ends with the dumbbell directly overhead. At the bottom of the movement ONE head of the dumbbell must touch the ground. The dumbbell must be lifted overhead in one motion. Touch and go is permitted. Bouncing the dumbbell is not allowed. Athletes must alternate arms after each repetition and may not alternate until a successful rep is achieved. The non-lifting hand and arm may not be in contact with the body during the repetition.

At the top, the arms, hips and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count, and the athlete can switch hands wherever he/she wants to.

Pull-up

This is a standard chin-over-bar pull-up. Dead hang, kipping or butterfly pull-ups are permitted as long as all the standards are met. The arms must be fully extended at the bottom, with the athlete's feet off the ground.

The rep is credited when the chin breaks the horizontal plane of the pull-up bar. Athletes may wrap tape around the bar and wear hand protection as they wish.



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Video standards

All athletes aiming to qualify are recommended to film their qualifying workouts. In order to receive an invitation to the final event it is required to provide videos of all the workouts. Failure to present a video (within 24h after request if not provided earlier with registering the score) = no score in that workout and possible disqualification of the athlete.

We recommend using the WOD-Proof App to make it easy to follow our requirements.

All video submissions should be uncut and unedited in order to accurately display the performance. Prior to starting the workout: stat your name, division, date and time, clearly show the settings of the rower, weights, etc. The monitor of the rower should also be clearly visible throughout the entire workout. **Important: show at least 5 seconds of the running clock on our website.** Your judge and a clock or timer with the running workout time should be clearly visible throughout the entire workout. Shoot the video from an angle so all movements can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

