

BATTLE OF THE NORTH



QUALIFIER WORKOUT 20.2

WORKOUT 2

For Time:

- 25 Calories Row
- 20 Dual Kettlebell Deadlifts 2x32/24kg
- 15 Toes to Bar
- 10 Handstand Push-ups
- 5 Ground to Overhead 70/45kg
- 10 Handstand Push-ups
- 15 Toes to Bar
- 20 Dual Kettlebell Deadlifts
- 25 Calories Row

Timecap: 15 minutes

WORKOUT 2	
25 Cal Row	25
20 Dual KB DL	45
15 T2B	60
TIEBREAK TIME:	
10 HSPU	70
5 Ground to OH	75
10 HSPU	85
15 T2B	100
20 Dual KB DL	120
25 Cal Row	145
Total time OR number of reps completed	

NAME ATHLETE: _____

NAME JUDGE: _____

AFFILIATE: _____

SIGNATURE ATHLETE: _____

SIGNATURE JUDGE: _____



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

Workout Standards

The workout starts with the athlete sitting on the rower, with their hands clearly off the handle. On the count of 3..2...1.. GO the athlete can start with rowing their 25 calories. The athlete has to stay on the rower with the feet strapped in until the monitor shows 25 calories.

Then the athlete advances to the kettlebells and performs 20 Dual Kettlebell Deadlifts. After this, the athlete completes 15 Toes to Bar, 10 Handstand Pushups and 5 Ground to Overhead. Then the athlete goes back to the Handstand Pushups, Toes to Bar, Deadlifts and finally the Row. The time stops when the monitor on the rower shows 25 calories.

There is a tiebreak time after the first set of Toes to Bar. Athletes with the same score or time will be ranked based on the fastest tiebreak time.

The workout ends when the athlete completed all 145 reps OR when the time cap of 15 minutes is reached.

Score

The score of Workout 2 is the total time to complete all 145 reps OR the total number of reps completed within the 15 minute timecap.

Movement standards

Row

The movement starts with the athlete sitting in the rower. Only after the clock starts running, the athlete is allowed to touch the handle. The monitor must be set on ascending calories. The athlete has to stay on the rower with feet strapped in until the monitor hits 25. For the second time rowing, the judge or any other person is allowed to reset the monitor.

Dual Kettlebell Deadlift

The movement starts with the athlete holding the kettlebells on the outside of the feet, and the kettlebells both in contact with the floor. Sumo deadlifts are not allowed. Each repetition ends with the athlete standing tall, with knees, hips and elbows fully extended and the shoulders straight above the hips.

Toes to Bar

The movement starts with the athlete hanging from the rig with arms fully extended. The heels must be brought back behind the bar. Overhand, underhand or mixed grip are all allowed. The rep is credited when both feet come in contact with the bar at the same time, and between the hands.



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Handstand Pushup

Measurements:

For the handstand Pushup, a box of 60x90 cm must be taped on the floor. The palm of the hands has to stay in the box during the whole movement.

The movement starts with the athlete in a full handstand: arms locked out, heels in contact with the wall, hips open, and body in line with the arms. Only the heels may be touching the wall at the start and finish of each rep. At the bottom, the head must make contact with the ground. If the head and hands are on different surfaces, the surfaces must be leveled, The rep is credited upon returning to the starting position

Ground to Overhead

The movement starts with the barbell on the ground. Any variation of a snatch or clean and jerk is acceptable. Touch and go is permitted, but bouncing is not. Dropping the bar from overhead is OK, but the bar must settle on the ground before the next rep. The rep is credited when the barbell is at full lockout overhead, with the hips, knees and arms fully extended. The barbell is directly over or slightly behind the middle of the body. If a split style is used, both feet must be brought back in line under the hips.

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.

