

# BATTLE THE BEACH QUALIFIER

## WORKOUT 26.2

For time: Time cap 13 min, Team of 2

50 Wall ball Shots athlete I  
30 Meter Synch 2 Single arm Dumbbell Overhead Lunges  
50 Toes to bar YGIG  
30 Synch 2 alternating Dumbbell Snatches  
50 Chest to bar Pull ups YGIG  
30 Meter Synch 2 Single arm Dumbbell Overhead Lunges  
50 Wall ball Shots athlete II

Score: Time to finish the workout.

### ***Divisions:***

#### **RX:**

Chest to bar  
22,5/15 kg Dumbbell  
9/6 kg Wallball

#### **Intermediate:**

Pull-Ups  
22,5/15 kg Dumbbell  
9/6 kg Wallball

#### **Scaled:**

Pull-Ups  
15/10 kg Dumbbell  
6/4 kg Wallball

### **Workout preparation:**

Put two tapes on the floor with a 5 m distance, these are the 5 m sections for the lunges. You must finish 6 sections to complete 30 meters.

### **Workout Flow:**

On the call 3-2-1 go! The first athlete starts with his set of 50 wallball-shots. He must perform all 50 reps on his own. Once he is done the athletes move to the single arm dumbbell overhead lunges. They start next to each other behind the line and perform 6 section to achieve 30 meters in total. The lunges are synchronized by 2. Next, they perform 50 toes to bar. They can split the reps as they wish. Following the preform 30 alternating dumbbell snatches synchronized by 2. Next, they must perform 50 chest to bar pull ups. The reps can be split as they wish. Then they move on to another 30 meters of synchronized single arm dumbbell overhead lunges. The last exercise is 50 wall balls. This set must be performed by the second athlete, all by himself. This workout is for time.

## Movement Standards

### Wall Ball Shot:

- Start Position: Medicine ball in front rack position with hips extended
- Bottom Requirement: Full squat depth (hip crease below kneecap)
- Finish Position: Equator of medicine ball hitting target height or above at some point
- Note: Anytime the ball is taken from the floor the ball needs to come to a full stop and lay still on the floor in front of the athlete, no bouncing off the floor. Once the ball is completely settled on the floor, a squat clean is permitted.
- Men throw to a 10 feet target, Women throw to a 9 feet target

### Single Arm Dumbbell Overhead Lunges:

The Lunges start clearly behind the tape. While stepping forward with the dumbbell in an overhead-lockout, one knee must visibly touch the floor. The dumbbell must be in a full lockout overhead during the whole step. The movement ends with the athlete's hips, knees and arms fully extended, and the dumbbell directly over the middle of the body.

#### No Rep:

- No floor contact with knee on lunge
- Athlete did not fully lockout in the top position
- Stepping on the tape before the start of the lunges
- Not being clearly over the second line to finish a section

Synchronization standard: Both Athletes start next to each other clearly behind the tape with the dumbbell overhead in the **SAME** arm. Both athletes must start the lunges with the **SAME** leg and it is mandatory to go with alternating legs. Both athletes must be clearly over the second line to complete a 5 meter section. Both athletes during the lunges must be in contact with the floor with their knees at least once at the same time, if one athlete is quicker with his knee on the floor he has to wait for the other athlete to touch the floor.

### Dumbbell Snatch

The movement starts with the dumbbell on the floor. From there it must be lifted overhead in 1 section, a clean and jerk is not allowed. The dumbbell is touched with one hand only. The reps are alternating, therefore after each rep the hand must be switched. Touch'n'go is permitted. The dumbbell must touch the floor at least with one head on each rep. The rep ends with the dumbbell overhead with a full lockout in the arm and knees and hip fully extended.

Synchronization standard: During each rep both athletes must be in a fully locked out position with the dumbbell overhead at the same time at least once. If one athlete is

faster than the other, he must wait with the dumbbell overhead (fully locked out). During the dumbbell snatches athletes must face each other, there is no requirement to have the dumbbell in the same arm as long as both athlete perform alternating snatches.

No Rep:

- No floor contact with the dumbbell
- Athlete did not fully lockout in the top position
- No synchronization on top

### **Toes to bar**

Start Position: Athlete hanging from pull up bar, elbows fully extended, heels behind bar

Finish Position: Both feet (any part of foot) making physical contact with the bar inside hands at the same time at some point.

### **Chest-to-bar Pull-up:**

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed and any style of grip, as long as all the requirements are met. The arms must be fully extended at the bottom.

At the top, the chest must clearly come into contact with the bar below the collarbone.

### **Chin-over-bar Pull-up:**

This is a standard pull-up. Dead hang, kipping or butterfly pull-ups are allowed and any style of grip, as long as all the requirements are met. The arms must be fully extended at the bottom. At the top, the chin must clearly be above the bar.

## BATTLE THE BEACH 2026 - Online Qualifier Workout 2

Score: For Time

<b>50 Wall Ball Shots (Athlete A)</b>					
10	10	10	10	10	
10	20	30	40	50	
<b>30m Sync 2 Single Arm Dumbbell Overhead Lunges</b>					
5m	5m	5m	5m	5m	5m
51	52	53	54	55	56
<b>50 Toes To Bar (YGIG)</b>					
10	10	10	10	10	
66	76	86	96	106	
<b>30 Sync 2 alternating Dumbbell Snatches</b>					
5	5	5	5	5	5
111	116	121	126	131	136
<b>50 Chest-to-Bar Pull Ups (YGIG)</b>					
10	10	10	10	10	
146	156	166	176	186	
<b>30m Sync 2 Single Arm Dumbbell Overhead Lunges</b>					
5m	5m	5m	5m	5m	5m
187	188	189	190	191	192
<b>50 Wall Ball Shots (Athlete B)</b>					
10	10	10	10	10	
202	212	222	232	242	

<b>Score (Time):</b>	
<b>or Reps:</b>	

Divisions:		
<b>RX/35+:</b> Chest to bar 22,5/15 kg Dumbbell 9/6 kg Wallball	<b>Indermediate:</b> Pull-Ups 22,5/15 kg Dumbbell 9/6 kg Wallball	<b>Scaled:</b> Pull-Ups 15/10 kg Dumbbell 6/4 kg Wallball