



BATTLE
THE
BEACH

Battle The Beach 2024 – Qualification

Workout Description

Workout 24.2 A + B

Intermediate Divisions (FF | FM | MM)



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24.2 A

For Time | time cap: 26 min
row for max meters in 10:00 min (1 row erg)
athletes must swap every 30s

-1 Min Rest-

24.2 B

15 synchronic single dumbbell devil press
(M: 1 x 22.5 kg | F: 1 x 15 kg)

-into-

10 rounds of I go you go

3 toes to bar

2 pull ups

1 chest to bar-pull up (F) | 1 bar muscle up (M)

3 dumbbell complexes (M: 2 x 22.5 kg | F: 2 x 15 kg)

1 rep double dumbbell complex:

1 devil press + 2 alternating double dumbbell front rack lunges

Scores:

24.2 A: = meters

24.2 B = time (e.g. 23:36 min)

Standards before start and general notes

[Watch the video and see the floor plan for distances, monitor settings and workout floor.](#)

- Before start: set up the floor as described below.
- Mark your starting line 1 m in front of the bars.
- Set your timer to a running clock starting from 00:00 min to 26:00 min.
- After the call of “3, 2, 1... go”, athletes start from the starting line with part A of the workout by running to the row ergometer. Partner A steps onto the rower and rows for max meters in 30s. After 30s, team partners swap for another 30s and so on until the timer hits 10 min.
- After that, athletes rest for 1 min.
- The score of part A is the total of meters rowed by both team members. Athletes need to film the meters rowed either during the 1 min rest period or after the workout.
- At minute 11, athletes start again from the starting line, run to the dumbbells and perform 15 synchronic single arm/single dumbbell devil presses with one dumbbell for each team member (M: 1 x 22.5 kg | F: 1 x 15 kg).
- After finishing the last rep devil press, the first athlete (team partner A) starts directly with the first round of the “I go you go workout” by performing 3 toes to bar, 2 pull ups, and either 1 chest-to-bar pull up (F) or 1 bar muscle up (M). The set is finished by performing 3 dumbbell complexes with two dumbbells (M: 2 x 22.5 kg | F: 2 x 15 kg).
- During that time, team partner B rests, goes back to the starting line and waits until waits until the last lunge of the dumbbell complex is finished. Then, team partner B starts from the starting line and runs over to the pull up bar to start with the next round of the “I go you go workout”. (...) And so on for 10 rounds. 5 rounds for each team member have to be performed in part B of this workout.
- The score for part B is the time needed to fulfill the given number of repetitions (in min).
- Teams do not need a judge but have to film the workout (see video submission standards).
- A “No-Rep” identified during validation of the uploaded video of part A will automatically lead to a +5 s rep penalty per “No-Rep”. There are only 10 “No-Reps” allowed per team during one qualification workout (max. +100 s). An 11th “No-Rep!” per team will lead to a disqualification of part A in this qualification workout.



Video Submission Standards

Prior to starting, introduce yourself (full name of both team members | team name | affiliation | division | workout) and film the equipment so the distance from start to the workout floor, and the weights can be seen clearly.

A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. You can also use the apps "We Time" "Wodproof" for filming your workout. We prepared/registered Battle The Beach within this apps.

Shoot the video from an angle so all exercises can be clearly seen. The fulfillment of the movement standards must be clearly visible for every movement.

The timer of the rower must be set to a running time starting from 10:00 min to 0:00 min. This set up must be filmed before the start of the workout.

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Upload the video to your Circle21-account via the Circle21-app. There is no need to upload the video to another portal. By uploading the video to Circle21 the Battle The Beach judge-team has access to your video for validation of your scores.

Movement Standards

Row

The monitor of the row ergometer must be set to 10 minutes at the beginning of the workout. The monitor set up must be filmed before the start. After this intro, the camera can be moved away and must be set up according to the floor plan (see workout video for monitor settings).

Synchronic single dumbbell-devil press

The single dumbbell devil press is essentially a combination of a dumbbell burpee and a dumbbell snatch. The devil press starts in an upright, standing position with the dumbbell on the ground. From there, the athlete will put the hand on the dumbbell and starts with the burpee with the chest making contact to the floor.



From here, athletes will jump to their feet, never taking their hands from the dumbbell and snatch the dumbbell from the floor. A snatch movement is required. Clean and jerk is not permitted. Athletes do not have to switch arms or do alternating repetitions. Performing all 15 reps with one arm is permitted.

At the end position, the dumbbell is fully locked out overhead, with hips, knees, shoulder and arm at full extension. Athletes may swing the dumbbell between their legs to help building momentum to get the dumbbell overhead.

A synchronic repetition is valid when both athlete's chests touch the ground at the same time and both athletes stand in the fully locked out position, as described above, at the same time.

Toes to bar

In the toes to bar, athletes must go from a full hang to having the toes touch the pull up bar. At the start of each rep, the arms must be fully extended with the feet of the ground, and the feet must be brought back behind the bar and the rest of the body.

Both feet of both team members must come into contact with the bar at the same time, inside the arms for a valid repetition.

Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

Pull up

This is a standard pull-up. Dead hang, 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 off the ground. Overhand, underhand or mixed grip are all permitted.

The rep is credited when the athlete's chin breaks the horizontal plane of the bar.

Wrapping tape around the pull-up bar or wearing hand protection (gymnastics-style grips, gloves, etc.) is permitted, but taping the bar AND wearing hand protection is not.

Chest to bar-pull up

This is a standard chest-to-bar pull-up. Dead hang, 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 off the ground. Overhand, underhand or mixed grip are all permitted.



At the top, the chest of the athlete must clearly come into contact with the bar below the collarbone at the same time.

Athletes may wrap tape around the pull-up bar OR wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar AND wear hand protection.

Bar muscle up

The athlete must begin with or pass through a hang below the bar, with the arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable, but pullovers, rolls to support and glide kips are not permitted. No portion of the foot may rise above the height of the bar during the kip.

The rep is credited when the arms are fully locked out while the athlete is in the support position above the bar with the shoulders over or in front of the bar. Athletes must pass through some portion of a dip-to-lockout over the bar. Only the hands and no other part of the arm may touch the pull-up bar to assist the athlete in completing the rep. Once on top, the hands must stay in contact with the bar, and athletes must maintain support with their arms. Removing the hands and resting while on top of the bar is not allowed.

Athletes may wrap tape around the pull-up bar or wear hand protection (gymnastics-style grips, gloves, etc.), but they may not tape the bar and wear hand protection.

Double Dumbbell complex

The double dumbbell complex consists of 1 double dumbbell devil press + 2 double dumbbell front rack lunges.

The double dumbbell devil press must be performed as described above, but as a single athlete with same movement standards, not synchronic.

Each lunge begins with the dumbbells at the shoulders, the feet together, and the athlete standing tall. At least one head of each dumbbell must be clearly in contact with the shoulder of the athlete. Athletes' hands must touch the dumbbell at any time.

The lunges must be performed as forward steps. The athlete can start the lunges with any leg but the two repetitions must be performed alternating. The trailing knee must contact the ground at the bottom of each lunge. The dumbbells must remain at the shoulders, and the hands must remain around the dumbbell handle for the duration of the rep. Releasing the grip



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on the handle and letting the dumbbell rest solely on the shoulder is not allowed. Lunging in place is required.

The rep ends with the dumbbells still at the shoulders and the athlete standing tall with the hips and knees fully extended.

If the athlete fails to meet any standard during a step, including not touching the trailing knee to the ground, not reaching full extension at the top of the rep or not keeping the dumbbells at the shoulders for the entire rep, the athlete must restart from an upright position. Similarly, if at any time during the lunge the dumbbells are lowered from the shoulders, the athlete must restart the repetition from an upright position with the dumbbells in the front rack position.

For one valid repetition of a complex, all three movements have to be performed directly in one sequence. If the dumbbells are dropped, athletes have to re start with the devil press movement of the complex.

Floor Plan

