



BATTLE
THE
BEACH

Battle The Beach 2024 – Qualification

Workout Description

Workout 24.2 A + B

Scaled Divisions (FF | FM | MM)

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Scaled Divisions (FF | FM | MM)

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 15 kg | F: 1 x 10 kg)

-into-

5 rounds of I go you go

12 toes ups

3 dumbbell complexes (M: 1 x 15 kg | F: 1 x 10 kg)

-into-

5 rounds of I go you go

12 ring rows

3 dumbbell complexes (M: 1 x 15 kg | F: 1 x 10 kg)

1 rep single dumbbell complex:

1 devil press + 2 alternating single 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.
- Set your rings to the right height, as described.
- After the call of “3, 2, 1... go”, athletes start with part A of the workout by running from the starting line 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 devil presses with one dumbbell for each team member (M: 1 x 15 kg | F: 1 x 10 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 12 toes up, and 3 dumbbell complexes with one dumbbell (M: 1 x 15 kg | F: 1 x 10 kg).
- During that time, team partner B rests, goes back to the starting line and 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 5 rounds.
- After this first “I go you go workout” team partner B directly starts over with the second “I go you go workout” as described before but consisting of 12 ring rows and 3 dumbbell complexes (M: 1 x 15 kg | F: 1 x 10 kg) for again 5 rounds.
- Team partners have to swap after each round of the two “I go you go workouts”.
- 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.

Film the setup of the rings for the ring rows before starting the workout.

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 mi. 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 dumbbell-devil press

The 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 up

In the toes up, the arms and hips must be fully extended at the bottom with the feet off the ground, and the feet must be brought back behind the bar and the rest of the body. An overhand, underhand or split-grip are all permitted.

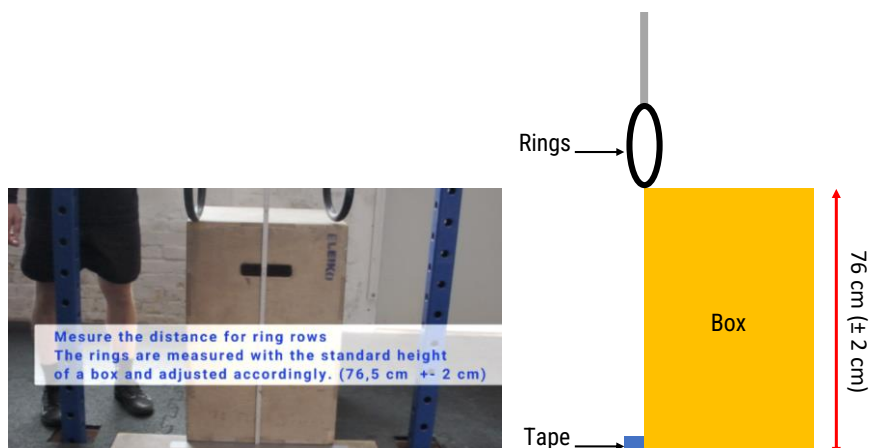
At the top of the repetition, athletes must raise the toes above the height of the hips.

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.

Ring row

Before starting the workout, athletes have to set up the rings at a defined height.

Place a standard box under the rings and adjust the height of the rings to $76.5 \text{ cm} \pm 2 \text{ cm}$, see video/picture below, and mark a line at the bottom side of the box perpendicular underneath the center of the rings.



We thank CrossFit HQ for the detailed description of the movements during the last couple of Opens.

For the ring row, the athletes' heels have to stand behind the marked line perpendicular underneath the hanging rings. In the bottom position, the athletes' body and arms are straight. From there, the athlete pulls upward until the chest touches the rings, marking a valid repetition.



Dumbbell complex

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

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

Each lunge begins with the dumbbell at the shoulder, the feet together, and the athlete standing tall. At least one head of the 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 dumbbell must remain at the shoulder, and the hands must remain around the dumbbell handle for the duration of the rep. Releasing the grip 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 dumbbell still at the shoulder 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 dumbbell at

the shoulder for the entire rep, the athlete must restart from an upright position. Similarly, if at any time during the lunge the dumbbell is lowered from the shoulder, the athlete must restart the repetition from an upright position with the dumbbell 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

